

Hi guys!

For sure everyone was happy about the confirmation from the Red Bull MotoGP Rookies Cup that our 2020 season will start. Also, in the FIM CEV Repsol championship we will start the races in less than a month. I try to do the best out of the training, to be ready and prepared for the races.



Around here, there are a few karting track's witch we can use to train. For the coordination training I ride with a Trial bike in my garden. It's very useful and it's a lot of fun.



Riding my Supermoto bike and going through the corner sideways is such a cool thing and makes so much fun.



And twice a week I go to train in the KSB race school where I train with my friends. In the KSB school we learn very important things about racing while playing, fighting and having fun.



Next to riding my bikes, I train a lot for my physical condition. A little bit of force, but usually for the endurance. A good training is the workout form Red Bull witch we became form the Rookies Cup. It's for the endurance but also force and you have to be focused.



For the endurance training I like to go running. Especially running at the beach is nice.



I run a lot, but I still have to train more because I'm still not faster than my dog...



I'm very happy and excited that the races start soon!

See you.
Noah #55