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Above » Connie de Sousa racing the 2013 Tri-Diva Tri in Olds, Alta.

Below » de Sousa gets down to business in the kitchen

Photo: Lone Tree Photography



really comfortable and I had this great sense of accomplishment at completing a swim six times the distance of my first one that year.”

With her firstborn coming soon, de Sousa is still training, but she has cut her runs down to 5K and is allowing herself to run-walk. Her first post-baby goal is fittingly a Tough Mudder, this September, and her co-chef Jackson – an absolute beginner – has signed up too. “He’s seen this new trend of chefs getting in shape and he has his own little girl to look out for, so fitness has become all the more important to him.”

By 2016, de Sousa plans to be ready to take on that first Ironman, in Florida. Her strategy? “When I need to push myself, I just swear and tell myself to move faster,” she says. “That’s when the kitchen mouth comes in handy.” **R**