





The reality of sport / work / life ...





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* Host nation (Brazil)					
16 Sı	Summer Paralympics medal table				
ank	NPC	Gold	Silver	Bronze	Tota
1	China (CHN)	107	81	51	239
2	₩ Great Britain (GBR)	64	39	44	147
3	Ukraine (UKR)	41	37	39	117
4	United States (USA)	40	44	31	115
5	Talia (AUS)	22	30	29	81
6	Germany (GER)	18	25	14	57
7	Netherlands (NED)	17	19	26	62
8	Srazil (BRA)*	14	29	29	72
9	Italy (ITA)	10	14	15	39
10	Poland (POL)	9	18	12	39
11	Spain (ESP)	9	14	8	31
12	France (FRA)	9	5	14	28
13	Mew Zealand (NZL)	9	5	7	21
14	I ← Canada (CAN)	8	10	11	29



You can – I can









What does it take to achieve?

- Training 2-3 times a day
- Six days a week
- 50 weeks of the year
- 1000's hours per year over 25 years



And what does that get you...?

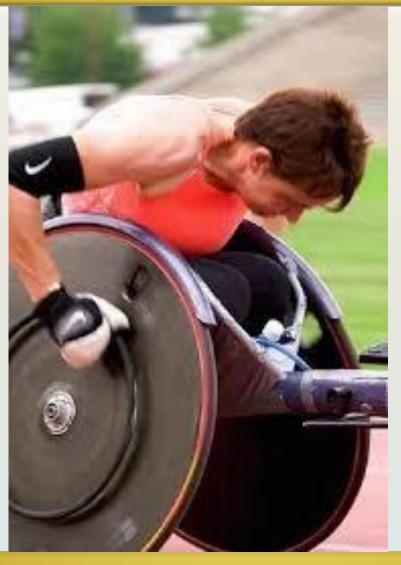
- Medals:
 - 11 gold; 4 silvers;
 - 1 bronze
- 35 world records



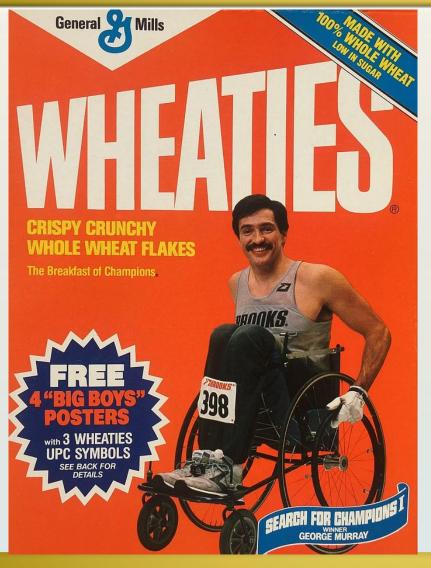












George Murray







And what does that get you...?

- Medals:
 - 11 gold; 4 silvers;
 - 1 bronze
- 35 world records





And what does that get you...?

- Medals:
 - 11 gold; 4 silvers;
 - 1 bronze
- 30+ world records



20 minutes on the track



Medal target -2 Gold, 1 Silver, 1 Bronze

100m - 17.05s 200m - 30.00s 400m - 57.00s 800m - 1.55.00m



Now – good top speed, confident, done it before, can do it again

Faster off the gun and for first 30m

Training – can do something every day to make it better

Every session - 3 x rolling starts

Measure and time performance once per week

Every 2 weeks race 100m and time - lanes 3, 4, 5, 6

Work on speed in and out of bend and for final 40m

Paced racing with TGT starting 5m back from JR/IT

Practice race tactics with training group

Write training diary and write something positive about each training session that I do



Individual success is... Not always about individuals

How can I... Get the best team?

How can I... Be the best that I can?









Tough times & choices





What does success mean?

Never be afraid to ask questions





What is really important to me?





Aim high...

...even if you hit a cabbage

