



Baroness Grey-Thompson DBE





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The reality of sport / work / life ..





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* Host nation (Brazil)

16 Summer Paralympics medal table

Rank	NPC	Gold	Silver	Bronze	Total
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	Australia (AUS)	22	30	29	81
6	Germany (GER)	18	25	14	57
7	Netherlands (NED)	17	19	26	62
8	Brazil (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	New Zealand (NZL)	9	5	7	21
14	Canada (CAN)	8	10	11	29



You can – I can





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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







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General Mills

WHEATIES

CRISPY CRUNCHY
WHOLE WHEAT FLAKES

The Breakfast of Champions.

100% MADE WITH WHOLE WHEAT
LOW IN SUGAR

FREE
4 "BIG BOYS"
POSTERS
with 3 WHEATIES
UPC SYMBOLS
SEE BACK FOR
DETAILS

SEARCH FOR CHAMPIONS I
WINNER
GEORGE MURRAY

The image shows a Wheaties cereal box with a red background. At the top left is the General Mills logo. The word "WHEATIES" is written in large, white, block letters. Below it, in yellow, are the words "CRISPY CRUNCHY WHOLE WHEAT FLAKES" and the slogan "The Breakfast of Champions." in white. A blue banner at the top right says "100% MADE WITH WHOLE WHEAT LOW IN SUGAR". The central image is a man, George Murray, smiling and sitting in a wheelchair. He is wearing a grey tank top with "BROOKS" on it, black pants, and a white race bib with the number "398". A blue banner at the bottom right of the box says "SEARCH FOR CHAMPIONS I WINNER GEORGE MURRAY". On the left side, a blue starburst graphic contains the text "FREE 4 'BIG BOYS' POSTERS with 3 WHEATIES UPC SYMBOLS SEE BACK FOR DETAILS".

George Murray



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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?





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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

