

Q&A with Emily Godley



Since going into lockdown, we have caught up with one of our elite athletes Emily, to see how she's been doing and keeping fit during this time.

1. Are you able to train at home?

Yes, I'm currently doing some training in the car park below my apartment.

2. What equipment are you using?

Luckily one of the gyms I work at was able to loan me a barbell and some weights. I also have some dumbbells and bands.

3. What does your workout routine consist of?

Five sessions a week including some lifting sessions, core work and accessory exercises. I also now have more time to focus on my mobility.

4. How has this situation impacted your goals?

The pandemic has definitely affected my goals in terms of the timeline being prolonged, but ultimately the goal remains the same.

5. What have you found most difficult during this time?

Not having access to all the equipment I'd like, and also not being able to drop the weights on the floor. This means I'm not able to go as heavy as I'd like to as I can't afford to drop the bar!

6. What have you learned?

You can always be productive and use your time wisely if you put your mind to it. Yes there aren't any events coming up, but it's an opportunity to let your body recover and work on areas that you wouldn't usually have the time for.

7. What would be your top tips to cope with lockdown?

Get outside for a walk every day. Write down a list of things you want to get done each day and tick them off as you go! Also, it's ok to have days where you feel totally unmotivated.