

EXPERT 

SO, YOU'RE ON YOUR WAY TO COMPLETING OLYMPIC QUALIFICATION, WHAT ARE YOU DOING IN JANUARY OF THE OLYMPIC YEAR?

## OLYMPIC WEIGHTLIFTING

**MISSION** STAY INJURY FREE, YOUR BODY IS YOUR MAIN PRIORITY

AS THE CLOCK STRUCK MIDNIGHT ON THE 1ST OF JANUARY YOU KNOW THAT MEANS ONE THING... ITS OLYMPIC YEAR. YOU HAVE 207 DAYS UNTIL THE OLYMPIC OPENING CEREMONY.

YOUR COACH'S MAIN CONCERN IS KEEPING YOU IN TIP TOP SHAPE, NOT PEAKING TOO EARLY (OR LATE) AND GETTING THE REPS IN.

YOUR MAIN FOCUS AT PRESENT IS HAVING A CLEAN PERFORMANCE AT THE EWF EUROPEAN CHAMPIONSHIPS IN BULGARIA, IN PARTNERSHIP WITH BWL.

YOU STAY CONSISTENT AS POSSIBLE UNTIL THE FEBRUARY CHAMPS...

LEVEL 2  COMING FEBRUARY 2024