

“The passion and the love of what you do keeps you motivated”



Q&A
Libby Trickett

Olympic gold-medallist swimmer Libby Trickett chats to HealthSmart about her fitness struggles and triumphs

WHAT DO YOU THINK MAKES A SUCCESSFUL ATHLETE?

“You see that the most successful people in any field have a real love for what they do. On those days that you don’t want to get out of bed, the passion and the love of what you do keeps you motivated, excited and gives you the focus you need.”

WHAT IS IT ABOUT SWIMMING THAT KEEPS YOU MOTIVATED?

“The feeling that I actually have more to give to the sport. I’m really hoping to go to my third Olympics, in 2012. It would be a huge achievement because I never thought I’d have that longevity in the sport. It’s something that I admire in a lot of Olympians – who are at the top, and can stay at the top for a long period of time.”

WHAT’S YOUR FITNESS SECRET?

“I do three bike sessions a week – for me, leg strength and endurance are very important. I naturally have a strong upper body, but my lower half is something I have to work on. It’s great for fat burning and cardio, which is a side benefit as a woman.”

HOW MUCH TIME DO YOU SPEND TRAINING?

“I train six days a week, generally 30 to 35 hours. That involves pool sessions, gym sessions, as well as recovery and massage.”

HOW DO YOU COPE WITH THE EMOTIONAL STRESS THAT COMES WITH THE PHYSICAL CHALLENGES?

“I think everyone needs to find a relaxation technique. Because I’m usually so active, I like to do something that’s inactive, like veging out in front of the TV. Everybody needs to find a way to switch off – whether it’s meditating or going for a run – to clear the mind.”

WHAT ADVICE DO YOU HAVE FOR PEOPLE WHO AREN’T SO ACTIVE AT THE MOMENT?

“People go too hard too early. They get really tired in the first week and they just give up because they can’t handle it. Start off by doing one session a week and gradually build on it. In the first couple of weeks you’ll feel tired and sore, but push through – you’ll find you build up more energy.”



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