



# \* Athlete's Winning Track

Date: 21/08/2014 (Thursday)

Time: 1300 - 1345

Speaker: Lee Chi Wo Daniel

What is/are the element(s) to be a winning athlete?

**Dark**

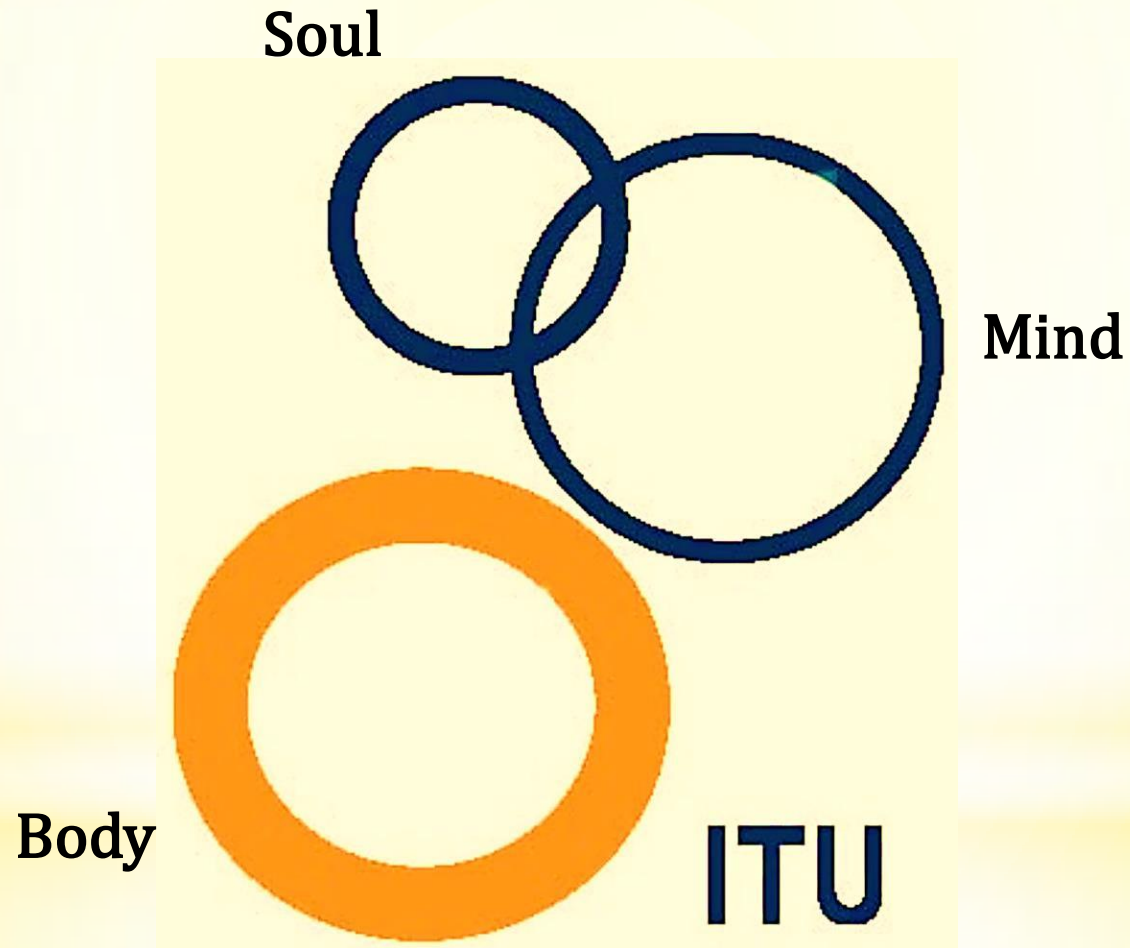
**Tough**                      **Strong**

**Courage**

**Stylish**                      **Boring**

**Smart**

**Perfect physique**                      **Stubborn**



**\* Priority**

**\* Aim high**

**\* Pursuit of excellence**

**\* 110% committed**

**\* Extra**

- \* 110% Trust your Coach**
- \* Injuries free**
- \* Specific training program**
- \* Scientific training**
- \* Effective recovery plan**

- \* Challenging goals
- \* Desire to win
- \* Routine psychological exercises
- \* Race specific planning
- \* Race specific psychological exercises

**\* Desire to WIN**

**\* Altitude training**

**\* Race specific strategy**

**\* High intensity**

**\* Race start routine**

**\* 2.5 days sea level**

**\* Mindfulness**

**\* CHO Loading**

**\* Refocus**

**\* Hydration**

**\* Well rested**

2006

多哈亞運會

\*2006 Doha Asian Games



**\*Pursuit of excellence**

**\*110% committed**

**\*Perseverance**

**\*Extra**

**\*Winning Formula  
(Routine)**

**Thank you**