

# 'HOW I BUILD MY BODY'

*Morgan Lake*

## MEET THE ELITE

Morgan Lake is a heptathlete-turned-high jumper who qualified for the Tokyo Olympics with an impressive jump of 1.96m. At the Rio Games, she became the first British woman to reach an Olympic high jump final since 1992.



### SKILLS

'Right now, my training is completely geared towards getting in peak condition for the Tokyo Olympics. I train for around 18-20 hours a week, five days a week, and often do "double day" sessions involving technical work in the morning followed by strength and conditioning in the afternoon. After a thorough warm-up, I'll do stretching and movement drills specific to high jumping. Then I'll practise the high jump, with run-ups, short sprint jumps, long approach jumps and jumping off 10cm boxes. I'll finish with bounding drills into the pit. I'll often put my iPad on a tripod so my coach and I can see what needs improvement.'

### STRENGTH

'I strength train three times a week because I need a strong power base to jump well. I do a lot of Olympic lifting with basic moves like squats, cleans, and

high box step-ups with a barbell on my shoulders. Plus, plyometric work and circuit-based training using power bags and weighted jackets, before I finish with a core workout. Going into competition season, I need to be strong and explosive but as light as possible.'

### NUTRITION

'My nutritionist helps me understand when I need to eat more to fuel my training, how I should balance my nutrients for maximum energy, and how to reduce my weight safely approaching competition time.

I try to avoid red meat and dairy as I find them inflammatory, so I eat lots of fish instead. Living on my own, I cook for myself using Mindful Chef (mindfulchef.com).'

### RECOVERY

'On my days off, you'll find me meeting up with friends for a coffee, watching Netflix, doing active recovery sessions like walking or yoga, or studying as

*'I train for 18-20 hours a week'*

I'm in my final year at Loughborough University. I deferred everything to this year to avoid having to study while I focused on the 2020 Olympics, but that didn't work out! Luckily, I've still had access to physios. Receiving physiotherapy and soft tissue massages is key to my recovery as it allows me to train even harder.'

### VITAL KIT

'I always have a can of Red Bull in my kit bag, along with my spikes [shoes]. I always drink Red Bull midway through a long training day for a much-needed energy boost, and it's also vital for when I'm competing – I don't think I could get through a competition without it! I also carry a hand-held muscle recovery device with me called the Roll Recovery R8 (\$129, rollrecovery.com) to iron out kinks, especially on flights to competitions or after training sessions.'



## WHY TRY ATHLETICS?

'I love that there are so many events you can try and that all body types are welcome. If you get bored with one event you can try something else, which is probably why I chose heptathlon at first.'

'You don't have to be super fit to join your local athletics club. You can work your way up in your own time and everyone is supportive. Find your local club at British Athletics (britishathletics.org).'

'In athletics, there's quite a level playing field between men and women. We can all enter the same events and, unlike sports such as football and rugby, we can all train and compete together. I'd say there's a 50-50 split in my training group, which I think is great.'

Words: Joanna Ebsworth | To find out more information on Morgan, visit redbull.com