

WE'RE TALKING TO...

DAME Sarah Storey

The multiple gold-medal-winning Paralympian, 38, talks about getting more women cycling

1. HOW ARE YOU PREPARING FOR RIO?

'Right now, I'm focusing on getting selected for the team – I have four titles to defend so I'd be really disappointed not to make it! I train six days a week in four-week cycles, with three weeks of overload and then a week of adaptation and recovery to allow my body to grow and become stronger. I've followed this pattern for 15 years. Nutrition-wise, I eat everything in moderation. It's essential to listen to your natural hunger and give your body the fuel it needs – there's only so much a nutritionist can tell you.'



2. DO YOU GET ANY TIME FOR PAMPERING?

'No! Even on "rest" days I'm doing media work or playing with my two-year-old daughter, Louisa, so I never put my feet up. I'm rigorous about looking after my skin, though, especially as chlorine stripped my skin to the bone during my swimming days. I love REN V-Cense Revitalising Night Cream (£32 for 50ml, renskincare.com) with frankincense – it's my anti-ageing secret.'



3. DO YOU HAVE ONE ESSENTIAL ITEM OF KIT?

'Eyewear is very overlooked. Just as your muscles and heart get tired, your eyes get fatigued too, which is the last thing you need when you're racing down a mountain at 50mph! I wear Adidas' Evil Eye Halfrim Pro glasses (£180; adidas.com) for enhanced vision and protection from the elements.'



4. HOW DO YOU INSPIRE MORE WOMEN TO CYCLE?

'By providing opportunities that better suit women's lifestyles. My husband I and have launched a UK-wide sister team to the pro one [mentioned below] called the Boot Out Breast Cancer (BOBC) Cycling Club (bootoutbreastcancer.org.uk), for people of all ages and abilities to get together as riders or spectators in a no-pressure environment.'



5. WHAT MAKES YOU PROUD?

'The success of our Podium Ambition Pro Cycling team (previously known as Pearl Izumi Sports Tours International). Because the girls excelled beyond all expectations last year, we recently became UCI (International Cycling Union) registered, giving us an exciting platform in an Olympic and Paralympic year to promote cycling even further. It's great to be able to put something back into a sport that's given me so much.'

WORDS: Joanna Ebsworth. PHOTOGRAPHY: iStock. Podium Ambition Pro Cycling, powered by Club La Santa, is an ambassador for Adidas sport eyewear and wear the brand's Evil Eye Halfrim Pro performance frame (adidas.com/eyewear)