



'HOW I BUILD
MY BODY'

Maddie Hinch

MEET THE ELITE

Maddie Hinch has been the first-choice hockey goalkeeper for Team GB since 2008. Currently ranked number one in the world, she won gold with Great Britain at the 2016 Rio Olympics after saving all four penalties in the final shootout against The Netherlands.

CARDIO

'I've been training six days a week to prepare for the Tokyo Olympics, doing four hours of intense physical work a day, broken down into a two-hour gym or pitch session in the morning and a two-hour pitch session in the afternoon. I don't do lots of running around as a goalie, but a good cardio base is crucial to my performance. During long, mentally-draining tournaments, I need the physical and mental endurance to help me to make better decisions under fatigue, especially during those "medal moments" in a shootout. I regularly train and am tested on a Wattbike (wattbike.com) to see how much

power I can put out across an eight-second period, followed by 20 seconds of recovery, repeating this eight times. It might sound short and sweet but, by the sixth rep, you feel disgusting. However, this approach sets me up to save a penalty, quickly rest, then go again.'

STRENGTH

'My weight training reflects the fact that goalkeepers are explosive power athletes. I have three heavy sessions a week plus one explosive session on a Thursday, after which I get sent straight out onto the pitch to make sure I'm firing on all cylinders. I spend an awful lot of time doing heavy power-burst movements like squats, thrusts, deadlifts and cleans, followed by dynamic moves like jumping on boxes or sprinting five metres. Everything is designed to make me move from a stationery position quickly because, essentially, that's what I do – I react quickly and jump high or reach into corners explosively.'

NUTRITION

'You never appreciate the full value of nutrition as an athlete until you start doing it well and then go back to doing it badly. I've learnt that I'm at my best when I'm eating an awful lot of food, so I eat little and often, enjoying clean, nutritious food every couple of hours.'

RECOVERY

'As I've got older, I've learnt that recovery is super important, but I still find it hard to stay off my feet on my one rest day a week. I've noticed that if I sit around all day, I feel worse the next day, so I tend to turn my legs over on a static bike in the morning while watching something on the iPad, then chill out. I also like to swim.'

VITAL KIT

'Before every training session, I prime my body using foam rollers, bands, massage guns and weights to get me moving. On match days, I do all of the above 90 minutes before the game, then follow the same pre-match routine I've had since I was 15, listening to the same songs on my iPad, having half a can of Red Bull (I drink the rest at half-time), and doing the same warm-up with my goalie coach. Once I've ticked all my boxes, there's no reason I shouldn't play well.'



WHY TRY HOCKEY?

'Hockey is an incredible team sport, and there's no better feeling than going into battle with your mates. It also provides a fun way to stay active. Give it a go. What have you got to lose?'

'After Rio, we had around 12,000 new people sign up to clubs in the UK, and the sport is increasingly growing in popularity. Hockey also offers a really lovely community – it's so much more than a sport.'

'If you've always wanted to be a hero, be a goalie. Yes, you can spend a lot of time not doing an awful lot, but it's also very athletic and dynamic, and there are moments when you can really save the day.'



TO FIND OUT MORE INFORMATION ON MADDIE, VISIT REDBULL.COM

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