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Keeping on track



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- Individual success is...
not always about individuals
- How can I...
get the best team?
- How can I...
be the best that I can?



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You can – I can



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What is the reality of sport?



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Aim high...

... even if you hit a cabbage



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Can you plan for success?

- What is your dream?

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Can you plan for success?

- What is your dream?
- Where are you now?

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Can you plan for success?

- What is your dream?
- Where are you now?
- Plan, plan and plan

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Can you plan for success?

- What is your dream?
- Where are you now?
- Plan, plan and plan
- Just do it

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Tough times and choices



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What does it take to achieve?

- Training – twice a day
- Six days a week
- 50 weeks of the year
- 4,500 hours per year for the last 16 years

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And what does that get you...?

- Medals:
11 Gold; 4 silvers; 1 bronze
- 20+ world records



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And what does that get you...?

- Medals:
11 Gold; 4 silvers; 1 bronze
- 20+ world records
- 20 minutes on the track



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Medal target - 2 Gold, 1 Silver, 1 Bronze

100m - 17.05s
200m - 38.20s
400m - 57.00s
800m - 1:55.00s

Now - good top speed, confident, slow it before, can do it again
Faster off the gun and for first 20m
Training - can do something every day to make it better
Every session - 3 x rolling starts
Measure and time performance once per week
Every 2 weeks race 100m and time - lanes 3, 4, 5, 6
Work on speed in and out of bend and for flat 40m
Paced racing with 10T starting far back from 3/4T
Practice race tactics with training group
Write training diary and write something positive about each training session that I do



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Communications



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- Never be afraid to ask questions
- What does success mean?

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If you are going to spend time thinking...
...then think big'

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What is really important to me?



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pure gold

A person wearing a full-body gold suit is riding a bicycle on a track. The person is illuminated from above, creating a strong shadow on the ground.

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Jennifer Capriati	Matt Pinsent	Paula Radcliffe	Kelly Holmes
			

The image shows four small photographs of athletes: Jennifer Capriati (tennis), Matt Pinsent (rowing), Paula Radcliffe (running), and Kelly Holmes (running). The running photo includes a digital display showing '2:17.18'.