



# Physical training center a fit choice

ATHLETES HAVE MULTIPLE CHOICES AT ONE OF THE VILLAGE'S MOST POPULAR VENUES

By CHEN XIAO  
CHINA DAILY

SHENZHEN — Universiade athletes never stop training — even during competitions.

That means the physical training center is one of the Village's most popular places.

It is visited by about 1,700 athletes and team officials a day, according to the design director of the center's sponsor, the Physical Club, Huang Hongxia.

"We have enough equipment for that many athletes to do all kinds of training, including power training, speed training, endurance training and skills training," Huang said.

The 5,000-square-meter training center has a 900-sq-m gym area and two 50 m by 25 m swimming pools. The gym is divided into three areas — for free strength training, aerobic training and weightlifting.

"I just did some basic exercises, like running and stretching, just to keep up my strength," Australian basketball player Sarah Graham said.

Graham said she comes to the center every few days, usually with a few teammates, a coach and a physio.

"The gym is so big that there is enough space for our whole team to do some group training," Graham said.

"Even if I was by myself, like today, there are trainers walking around if you need help."

The trainers, including Liu Ding, are all professionals from the Physical Club.

"Since most athletes come to the gym with their own physios, they don't usually need us for professional training," Liu said.

"But for some who come alone or are from small countries and don't have a trainer, we'll help them do some basic stretching and other exercises."

Team officials, such as South African athletics coach Louis Johannes Fourie, who came for a run, also frequent the center.

"When I'm back home, I often workout in the gym," Fourie said.

"So, I find this place amazing."

The swimming pools are in the open outside the gym. As the swimming competition started early in the Games, the pools have become more of a place for recreation than training.

Australian triple jump contestant Linda Allen was lying by the poolside.

"I do come here for physical training if I have a competition," Allen said.

"But now I'm just here to relax and recover from the competition. The environment is great here. I really enjoy it a lot, especially on a nice day like today."



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The physical training center in the Universiade Village is one of the most popular destinations for athletes to warm up and relax.

Q & A >>>

Victor Mironov, 22,  
cyclist from Moldova



**Is this your first time to China?**

Yes. It's great. I love the city and the country.

**Have you taken part in a Universiade before? What are your expectations of the competition?**

No. It's the first Universiade for me and also for my country. I don't expect to win but will try my best and consider it a good opportunity to exercise.

**How do you feel about life in the Village so far?**

It's much better than I expected. It's a beautiful place, and we get everything we need here.

**Anything impressive or interesting you've noticed?**

People here are so nice and friendly, especially the volunteers. When I need any help, I'll go ask the volunteers. They are so patient, even if they don't understand my English sometimes.

**What do you do in your spare time?**

Usually I just hang out in my room, resting and going on the Internet. I also go to the gym, work out and swim.