

## **Jana Ciznarova spent 4 weeks in Odense**



“This summer I spend four weeks at the Certificated Training Centre in Odense, Denmark and it was an unforgettable experience. First of all I would like to thank Badminton Europe for helping me to make this stay possible.

I arrived on Sunday, 29th of June. As I arrived in the middle of the training session, I was only observing that afternoon. Another player from Slovakia, my good friend Martina Repiska was already there. She has been to Odense several times, so she showed me around in the city, in the apartment and in the hall. During the whole stay we lived together in an apartment.

From Monday to Friday there were two two-hour training sessions a day, one in the morning and one in the afternoon. Plus one session on Saturday and Sunday. We also went to the gym twice a week. The training sessions were led by head coach Lennart Engler. He always sends the training program for the upcoming week to all players, so we knew what we are going to do, in order to get prepared both physically and mentally.

Throughout my stay the program was quite similar focusing on technical aspects and breaking habits. Every training included 20 minutes warm-up and 10 minutes cool down. The morning sessions which were on Mondays, Wednesdays and Fridays were focused on changing speed and defense while evening session were held in more technical and individual approach. On Tuesdays and Thursdays we had short multi-feeding sessions for 30 minutes focusing on speed. The afternoon trainings on these days were matches or match practices.



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The most challenging trainings were on Sundays when we did the multi-feeding for 45 minutes at high intensity with short breaks.

During the weekends we always went to spa, sauna or swimming pool to relax. Once we made a trip to the beach with other players enjoying hot weather in Denmark. I like the fact that many players from different countries (Denmark, Slovenia, Norway, Finland, etc.) come to Odense, the sparring was always on high level. I learned how to improve several aspects of my game and I am still working on them.

I would like to thank Lennart Engler and I really appreciate all the work he is doing. I learned a lot during my stay in Odense and I really hope I will come back during the season or next summer."