

Alen Roj in Odense again



Alen Roj about his stay in Odense, Denmark:

„For the period of 1 February-15 March 2015 I was practising in the Certificated Training Center of Odense, for which I received the financial support from Badminton Europe.

As it is not my first time in Odense, I knew what to expect and what is waiting for me there.



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The exercises were lasting longer than usual, so they were closer to a match practice. In January, however, we had a long period of tough physical practice, thus I think everybody left in a very good shape for their respective national championships.

As a matter of fact, I could still feel my body getting increasingly tired as the week was unfolding towards its end. However, in a tight cooperation with head coach of BAO, Lennart Engler, I managed to take a break at the right moment. Half day off on Thursday and full day off on Saturday has become my usual ritual lately. The week in BAO somehow starts on Sunday, since there is always a matches practice on Sunday afternoon. With planning the microcycles wisely, I am therefore ready to start the new week on Sunday successfully.

It is also very much appreciated that we had "social evenings" on Friday after the afternoon practice. We did not plan anything in advance, but there is always a bunch of players from the academy gathering together at somebody's place, just hanging around and having fun spontaneously. I think this is very important for both good team spirit of the academy itself, as well as relaxing the body and – what is more – mind of every single person.

An important period is ahead of me now: we start with Austrian Bundesliga playoffs in April and as I am playing the first single for my club, I will play a big role on a way to our goal – becoming the Austrian league champions.

I am also starting to fight in the Olympic season. My first tournament will be on a home soil – Slovenia International in May. I still have some precious time to prepare for that and I do not see any reason not to be top fit at the time being."

Article by Alen Roj