



Badminton Europe
Brøndbytoften 14
2605 Brøndby, Denmark
info@eurobadminton.dk
www.badmintoneurope.com

Alen Roj in Odense again

For the forth year in a row, I have decided to spend my summer training days in Odense, Denmark. It has always been a good practice period with a solid group of high-level players and coach Lennart Engler whose name has plenty of references throughout the whole European badminton. And yet, every time I came here, Lenart Engler as the head coach of the centre had something new to offer.

In June and July practice has been pretty physical, as most of the players are using the summer break as the opportunity to work on their basic endurance and physics of badminton game. As a matter of fact, almost all the sessions in a week have been physically tough, one after another. The ones who worked hard and came close to giving their maximum have surely benefited from that kind of training. I myself have felt after two or three weeks of practising here that my physical has raised a level or two up. It seemed to me like I would be able to just go and go and play a rally for minutes and a match for hours. But not only that, we have also been working a lot on changing speed during the rally, of both footwork and shots. Therefore I have been able to push and try to change the pace of the game. One definitely has to be on a good physical level to do so.

With every finished training session I have been looking forward to Saturday more and more, since it is the only day-off in Odense. I have been using Saturdays for rest and a full-body recovery as much as I could. I was trying to eat good and healthy, went to the physio for a massage and visited spa centre a number of times. We are simply on that level now that we have to do everything in order to recover well and be ready to give our hundred percent in the sportshall the following day again.

To conclude, I think this summer was my most productive stay in Odense so far. I am already excited to start the upcoming season, which will again be full of tournaments and team matches.



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