

Summer training days

I have decided to spend my summer training days in Odense, Denmark with Slovenian national team. 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. In 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. It was really hard. I myself have felt after two weeks of practising here that my physical has raised up.



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.



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One definitely has to be on a good physical level to do. We had been training 2 times a day except Saturday (was time for break). Once a week we have gone to fitness. We have been living in one big house where we were cooking together and we were also trying to eat good and healthy. To conclude, I think this was a good experience and I hope that next year I will go again.