

On your marks...

GET OFF TO A GREAT START WITH WORLD-CLASS SPRINTER DARREN CAMPBELL AND BOXER EXTRAORDINAIRE AMIR KHAN – BOTH OF WHOM RUN ALL THE TIME. THEY'RE PROBABLY RUNNING RIGHT NOW

Darren Campbell

With more medals round his neck than BA Baracus, Darren Campbell is one of Britain's best ever sprinters. Here he explains how he stays motivated to train even in horrible weather and why the secret of his success is smiling

Why do you like running?

I like the fact that it is an individual sport and you're really just competing against yourself to see how good you can become. You are in total control of what you do and if you set realistic targets and hit them, it gives you a special feeling. I see it as an art form, and it gives me a way of expressing myself. The Reebok ethos of "I am what I am" is just what I am all about.

What's your favourite running memory?

It has to be the 2002 Commonwealth Games in Manchester because I was just so proud to carry the flag for England in the city where I grew up. All my family and friends were there and it was one of the only times that my eldest son has

seen me run. It was amazing to win a bronze in 100m and gold in the 4x100m relay, with me running the anchor leg.

Do you find training easy?

Not always, no. The hardest thing is finding the motivation to go and train sometimes, mainly because of the weather. In Australia, it's sunny all year round and you can't wait to train, but when it's cold and wet and horrible in Britain, you sometimes just wish you could go back to bed. That said, when you're injured, you wish you could go out to train so I just try and be thankful when I am fit.

Got any motivational tips for the average runner?

I read a lot of motivational books. There's one in particular that I keep with me wherever I go – it's called *Secrets of Success* by John Lane Smith. I've got it with me now in fact. I've had it with me since 1992 and I dip into it whenever I need to. One of the key things the book talks about is smiling. It's such a powerful thing as it makes you feel amazing so I always try to smile as much as possible. I'd like to write a motivational book myself one day.



"Running gives me a way to express myself. The 'I am what I am' ethos is exactly what I am all about"



HE WEARS: T-SHIRT, SHORTS AND PREMIER ROAD PLUS TRAINERS, ALL REEBOK (0800 305050). SHE WEARS: JACKET, SHORTS AND PREMIER TRINITY KFS TRAINERS, ALL REEBOK (0800 305050)

Amir Khan

How often do you run?

I'd run every day if I could. I do four or five miles on average most days and that keeps me at my optimal fighting weight. Occasionally I'll do a longer run, just to mix it up a bit and improve my stamina. I'll also do sprints for explosive power and fitness.

What kind of running do you do?

I have to make sure my runs are about quality and quantity. I'm lucky in that I find normal jogging quite easy so my trainer makes it more difficult and beneficial by building in some sprint endurance work and hill sprint sessions. These are all about hitting the pain threshold and pushing my body to the limit.

Where do you run?

Sometimes I'll run in the gym, but I do try to run outdoors if I can as it's more interesting. Some people find running boring, so the more you can vary it, the less boring it will be.

How do you find the motivation to run?

As a boxer I have to be very disciplined and prepared to push myself all the time. When I'm running, I think through what I'm doing in the rest of my training session and why I am doing it and I come back ready to get on with it.

How would you encourage someone who finds running a chore?

Running shouldn't be painful, especially once you've got a bit of base fitness. But if you want to push yourself that bit more, I find that music helps. I always run with headphones in to distract me from feeling pain so I can run harder.

What tips would you give someone who struggles to find the time to run?

If you can, make arrangements to run with a friend of similar ability. You're more likely to run then because if you missed it, you would not just be letting yourself down, you'd be letting them down, too. Also, make sure you're wearing the right running gear. Ensuring that your kit fits and allows you to move freely is key to making running as enjoyable as possible.

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