

‘HOW I BUILD MY BODY’

**Shauna Coxsey MBE
Climber**

Credentials: Best British climber in history and two-time winner of the bouldering World Cup in 2016 and 2017. Will be Team GB's first ever Olympic climber at Tokyo 2021 when the sport makes its debut.

CARDIO
‘With the Olympics coming up, I’m training harder than ever before doing up to eight hours of practice a day, six or seven days a week, but I wouldn’t change it for the world. Some off-the-wall training is required for good overall fitness, but I have a love/hate relationship with cardio. Some days I’m really up for it and other days I just don’t have the motivation. I was a keen runner until I had to stop due to a knee injury, so now I get out on my bike or use the ski erg at the gym.’

STRENGTH
‘Most of my training is done indoors – I even have a climbing wall built in my cellar – and, pre-season, I’ll hit the gym a few times a week for an hour to build my upper, lower and core strength as climbing really is a full-body sport. My speciality is in bouldering but I also have to compete in the speed and lead events at the Olympics

as they’re being combined, so I’ve been doing lots of finger-specific training to strengthen them for the different disciplines. But success isn’t just down to strength. Climbing requires mental agility as well as physical dexterity to figure out a route up the wall and execute it against the clock.’

FUEL
‘I’m really fascinated by nutrition and work with a performance nutritionist to ensure I get the right fuel to look after my body. It’s super important to me to fuel my body properly for training but also enjoy what I am eating. I love to eat and luckily, I love to cook, so there’s always lots of baked goods in my house! I always have a good breakfast to start the day, and if I’m doing multiple climbing sessions, I’ll have a Red Bull to get the most out of my training.’

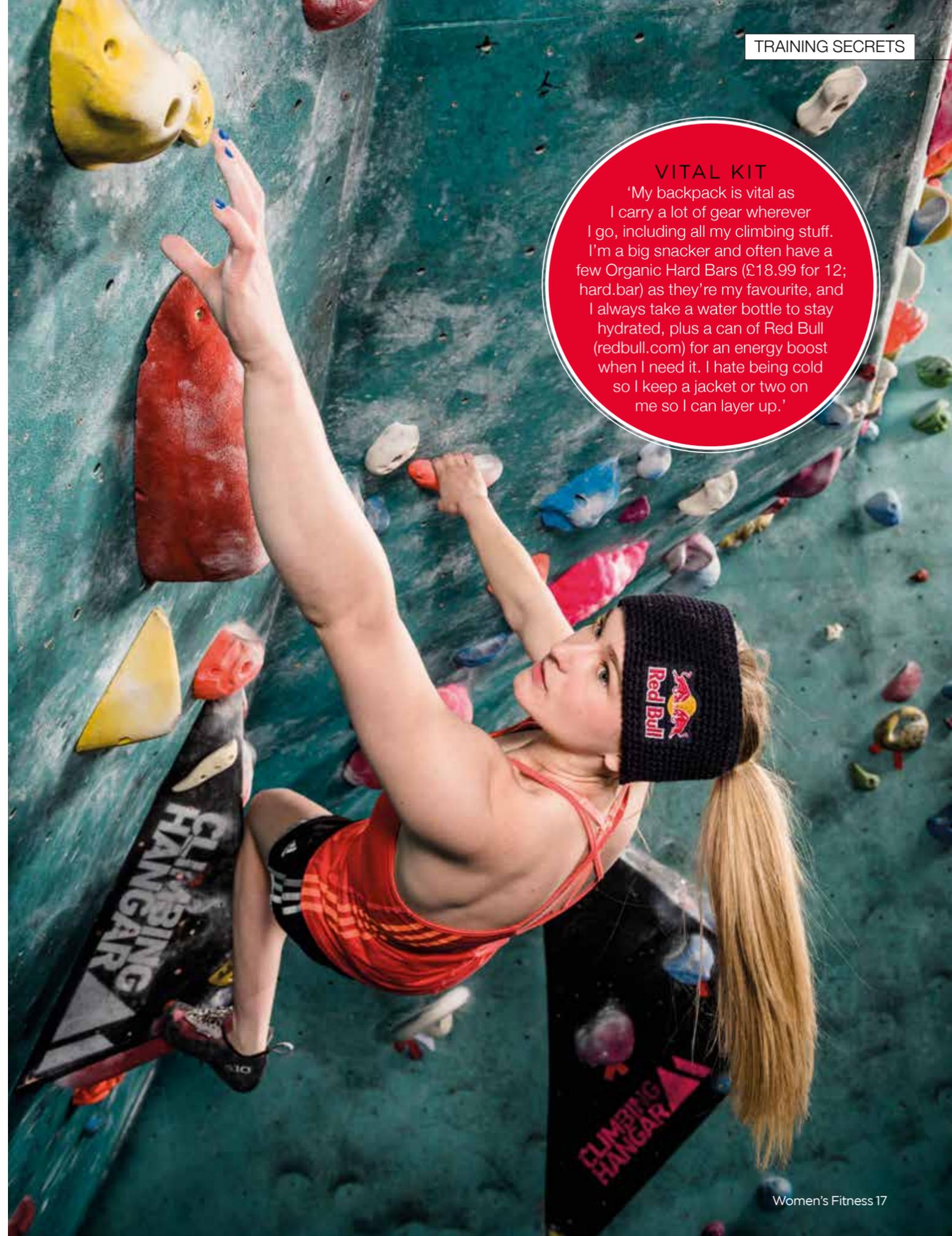
RECOVERY
‘Recovery is as important to me as my training, so eating well and getting a good night’s sleep is essential for performance. I work closely with my team, check in regularly with my physios and have regular sports massages. As a trustee for Climbers Against Cancer and a director of the Women’s Climbing Symposium, I tend to be very busy – especially as I also recently started a YouTube channel – so spending time with friends and family is super important.’



Why climbing?

- ‘Climbing has been part of my life for as long as I can remember, and my passion for the sport remains as strong today as it did when I first started. Everyone needs to experience it, mainly because it’s so much fun.’
- ‘Climbing is one of the most natural things we can do as humans and, because it’s a very accessible sport, anyone can give it a go. There are many different types so you’re sure to find one you like. Motivation is all you need.’
- ‘To find your local climbing wall or club, visit the British Mountaineering Council (thebmc.co.uk). You don’t need to live near a mountain to get started, and most centres hire out all the equipment you’ll need.’

‘My passion for climbing remains as strong today as it did when I first started’



VITAL KIT
‘My backpack is vital as I carry a lot of gear wherever I go, including all my climbing stuff. I’m a big snacker and often have a few Organic Hard Bars (£18.99 for 12; hard.bar) as they’re my favourite, and I always take a water bottle to stay hydrated, plus a can of Red Bull (redbull.com) for an energy boost when I need it. I hate being cold so I keep a jacket or two on me so I can layer up.’

WORDS: Joanna Ebsworth. For more info on Shauna, please visit redbull.com