



## THE PORTFOLIO.

# Training days

Olympic golds are won in Beijing in August, but the hard work is done now in the dark days of winter. Here, Britain's great hopes show what it means to go that extra mile



### **3pm** Royal Canoe Club, Teddington

Anna Hemmings, 31, world champion canoeist

'When it's cold and raining and you're getting ice on the paddle and the boat, you think, "Why am I doing this?"' says Hemmings, who is out on the lake six days a week, training for the 500m sprint in Beijing. 'But at the back of your mind you know what you're training for. I want to succeed in the Olympics, and that's enough motivation for me.'