

The Global Academy for International Athletics

c/o National Olympic Committee of Albania

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Ten Tips for Getting Ready for the 2020 Olympics Beginning now, May, June, July, August, 2010

It takes ten years to prepare for the Olympics.

1. Eat Carefully.
 - a. Chew every bite 32 times or more. This aids digestion and cuts down over-eating
 - b. Eat slowly
 - c. Favor vegetables and fruits over meats.
 - d. Favor fish, eggs, chicken and beans over beef or pork
 - e. Stay a bit hungry. Never over-eat.
 - f. Reduce sugar intake. One dessert per week is the maximum; one soft-drink per week is the maximum
 - g. Green-tea and ginsaeng tea are best, without sugar.
2. Drink ten glasses of water every day. This cleans body tissues and reduces infectious diseases also.
3. Sleep 8 hours or more every night. Don't punish your body,
4. Avoid people who cause you stress.
5. Do all your homework and assigned chores so as to avoid criticism.
Criticism causes poisons to form in your tissues.
6. Give priority to General Fitness over a specific sport.
 - a. If you are 8 years old, run 400 meters every day;
When you are 9 years old, run 600 meters every day;
When you are 10 years old, run 800 meters every day;
When you are 11 years old, run 1,000 meters every day from now until the 2020 Olympics. You have no day off.
This is based upon one of the greatest athletic coaches of history, Arthur Lydiard of New Zealand, and his Gold Medal winning disciple, Sir Peter Snell, Ph.D., MBE, now a Professor at the University of Texas Medical School in Dallas, Texas.
 - b. X sit-ups every day, increasing by one every week from now until 2020.
 - c. X pushups every day, increasing by one every week form now until 2020.
 - d. Five minutes or more of stretching all major muscle groups every day.
7. Attend the Third International Children's Athletics Trials in Tirana, Albania, on August 22 - 29 for more specific tips by several Olympic Gold Medalists. Visit www.gaiaschool.info.
8. Read a book a month on the lives of great sports heroes to be inspired to work harder.
9. Find the best coach you can.
10. Dream and mentally rehearse how you will act as you win an Olympic medal for your country.