



FITNESS
Routines
OF THE

SUPERSTAR ATHLETES

**LINDSEY
VONN**

**JEFF
SAVAGE**

Mitchell Lane

PUBLISHERS

2001 SW 31st Avenue
Hallandale, FL 33009

www.mitchelllane.com

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First Edition, 2020.

Author: Jeff Savage

Designer: Ed Morgan

Editor: Lisa Petrillo

Series: Fitness Routines of the Superstar Athletes

Title: Lindsey Vonn / by Jeff Savage

Hallandale, FL : Mitchell Lane Publishers, [2020]

Library bound ISBN: 9781680204711

eBook ISBN: 9781680204728

PHOTO CREDITS: Design Elements, freepik.com, newscorn.com, shutterstock.com, alamy.com

Contents

Chapter ONE

Speed Racer 4

Chapter TWO

Training for Fame 10

Chapter THREE

Intense Fitness 16

Chapter FOUR

Mindful Eating 22

Chapter FIVE

Leading the Way 26

Awards 28

Timeline 29

Glossary 30, 31

Further Reading 31

On the Internet 31

Index 32

About the Author 32





CHAPTER
One

SPEED Racer

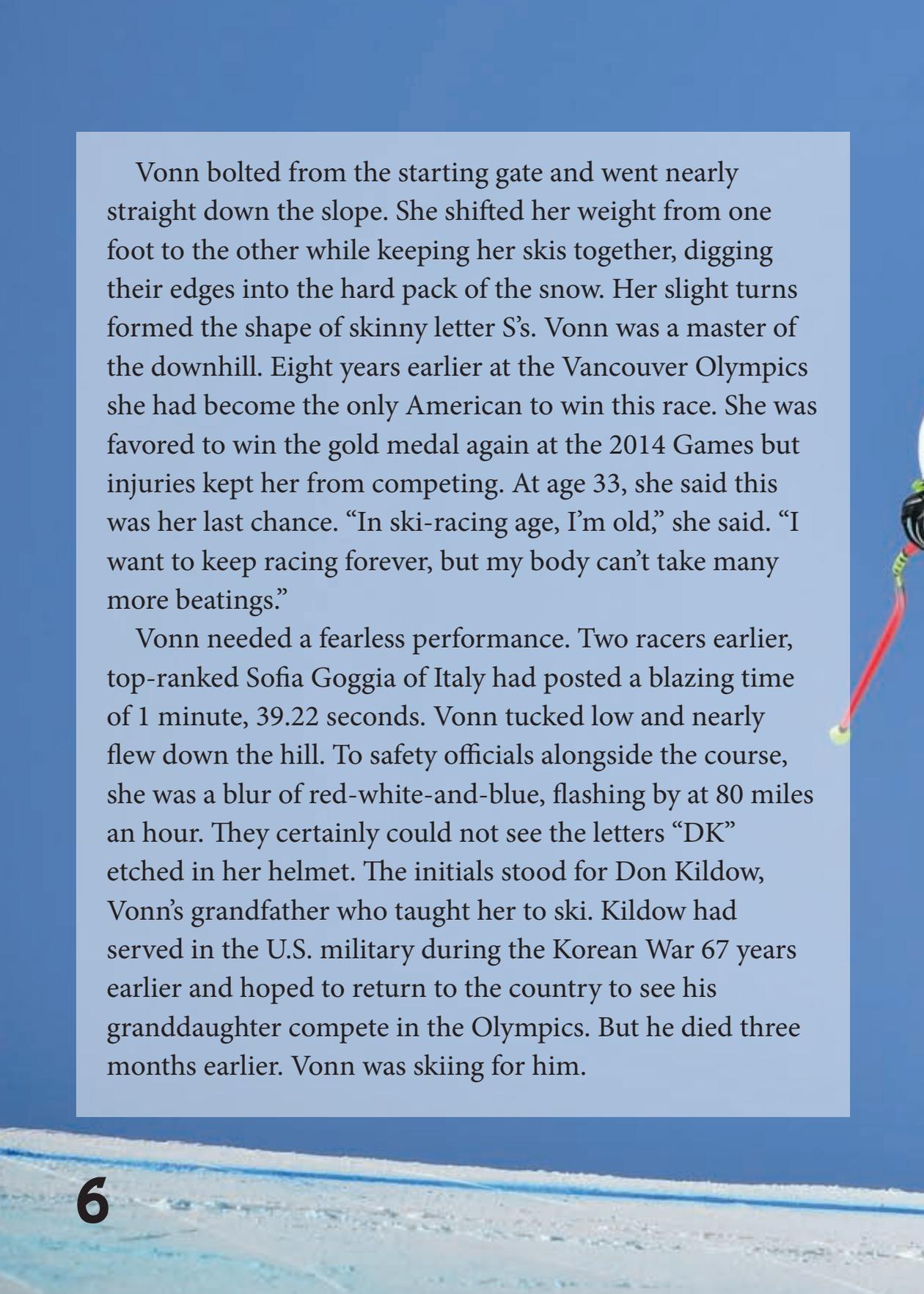
Lindsey Vonn stood in the start house and stared down the mountain. She was about to race in skiing's **downhill** event at the 2018 Olympic Games in Pyeongchang, South Korea. Vonn took deep breaths to calm herself and fidgeted with her pole straps. She knew what was at stake. She had already won more races than any female skier in history. Now she was trying to become the oldest woman ever to win an Olympic medal.



Vonn is determined to make history at the 2018 Olympic Games.

Vonn's family waited in the stands at the bottom of the course with thousands of other fans. "Every single meal she's eaten for the last two years is for this moment," said her sister Karin Kildow. "Every single gym workout. Every single thing she's done every day for the last eight years is for these next two minutes."

Vonn also understood the danger. Violent crashes had put her in the hospital more times than she cared to remember. Surgery scars marked her body. A metal rod ran through the length of her right arm. Her right knee had been rebuilt. But Vonn couldn't think about any of this now. Her focus was to ski as fast as possible.



Vonn bolted from the starting gate and went nearly straight down the slope. She shifted her weight from one foot to the other while keeping her skis together, digging their edges into the hard pack of the snow. Her slight turns formed the shape of skinny letter S's. Vonn was a master of the downhill. Eight years earlier at the Vancouver Olympics she had become the only American to win this race. She was favored to win the gold medal again at the 2014 Games but injuries kept her from competing. At age 33, she said this was her last chance. "In ski-racing age, I'm old," she said. "I want to keep racing forever, but my body can't take many more beatings."

Vonn needed a fearless performance. Two racers earlier, top-ranked Sofia Goggia of Italy had posted a blazing time of 1 minute, 39.22 seconds. Vonn tucked low and nearly flew down the hill. To safety officials alongside the course, she was a blur of red-white-and-blue, flashing by at 80 miles an hour. They certainly could not see the letters "DK" etched in her helmet. The initials stood for Don Kildow, Vonn's grandfather who taught her to ski. Kildow had served in the U.S. military during the Korean War 67 years earlier and hoped to return to the country to see his granddaughter compete in the Olympics. But he died three months earlier. Vonn was skiing for him.



Vonn is fearless as she soars to new heights in the dangerous Olympic downhill race.

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