

EMMA SNOWSILL

EVENT: TRIATHLON

AGE: 27

How many hours a week do you train?

Roughly 30. I train for three different sports, so each one needs its own specific workout.

Top motivation tip?

Physical pain is only temporary; the moment you stop it goes away. I like the feeling of trying to push through that pain barrier and testing my limits. One of the greatest triathlon coaches told me to "make pain my friend" and "chase it, don't give into it".

What do you eat before training?

Choc Cherry and Choc Ginger Megaburn bars. They taste awesome, are easy to digest and contain no artificial flavours.

What food would you run 1000km for?

Banana bread, orange and almond cake, seafood... My mind's always consumed by what my next meal will be.

Have you learnt a life lesson from training?

Yep - there is always going to be someone faster, stronger, smarter - as long as you control what you can, there's nothing more you can do.

You and Craig Walton got engaged this year, didn't you?

Yeah! On my 27th birthday in June. He's just retired as a professional triathlete. He has the best understanding of what I'm going through in the lead up to Beijing because he's been through similar things.

How do you protect your skin and hair from chlorine?

I use heaps of lotion, and I wash straight after the pool with moisturising bodywash. Wella Delva Solacare Leave-In Moisturiser for hair is great.

CV

Emma Snowsill trains on the Gold Coast with her new fiancé (and coach) Craig Walton. A three-time world champion and Commonwealth Games Gold Medalist, she's widely regarded as the greatest female triathlete of her generation. In Beijing, the Oakley spokeswoman will aim to be the first triathlete in history to become both world and Olympic champion.

PHOTOGRAPHY: DANIEL WATSON/RAWLIFE; MAKEUP: ANNE BENTON; HAIR: AMANDA WALKER; STYLING: JANE COOPER; THE OAKLEY: OAKLEY; ATHLETE FRANKS SUPPORT