

# Sam's secret: train like hell and kick the chemicals

## THE DAILY GRIND

- 7.30am:** Oatmeal, muesli, fruit, wholegrain bread, eggs, baked beans and juice.
- 9-11am:** Running up Cronulla sandhills, run-swim-runs at the beach, spinning (on a bike) or track work.
- 12.30pm:** Salad sandwich and juice.
- 3pm-5pm:** Gym work focusing on power and strength.
- 5pm-6pm:** Stretching, pool work or massage.
- 6pm:** Ice bath to aid recovery.
- 7.30pm:** Steamed fish and vegetables or Thai.
- 10pm:** Bedtime.

## INSIDE



By DARREN WALTON

A PUNISHING new training regime and chemical-free diet have transformed Samantha Stosur from grand slam struggler to Australian Open contender.

Stosur won just one match at the four grand slam tournaments in a despairing 2005 season before morphing under the guidance of internationally renowned Sydney physical trainer Giselle Tirado into arguably the fittest player on the WTA tour.

The reward for the 21-year-old's sacrifice is a fourth-round Australian Open showdown tonight with former world No 1 Martina Hingis.

"Before Giselle, I was terrible ... well, maybe not terrible but I was a very average trainer," Stosur said. "I had nothing set out physically."

Stosur's daily routine is now set in stone and the Queensland arrival at Melbourne Park as hard as a rock thanks to a rigorous training schedule free of tennis but full of hard yakka.

Tirado, who once travelled the WTA tour as conditioner and massage therapist for former world No 1s Martina Navratilova, Jennifer Capriati and Arantxa Sanchez-Vicario, had Stosur sweating it out from morning till night.

And Stosur has complemented her newly found professionalism with a totally organic lifestyle. "Even her shampoo, conditioner, soap and toothpaste are organic," Tirado said.

The results of the Stosur-Tirado union were on display early in the season when the Gold Coast star won her three singles matches at the Hopman Cup, and her foray into a grand slam last 16 for the first time is no coincidence.