

## Corey Tucker – Competitive Edge Interview Number 8

### Competitive Edge Biographical Information

**Your full name?**

Corey Tucker

**Date of Birth?**

19th November 1978

**Place of Birth?**

Temora, NSW

**Sponsors?**

None

**Currently Living?**

Canberra, ACT

**Marital Status (name of your partner if you have one)?**

Not married but in a relationship - Lisa Corrigan

**Occupation (if you are unlucky enough to have one)?**

PE Teacher

**Height?**

1.73m

**Weight?**

60kg

**Shoe Size?**

8.5 US

**Hair colour?**

Dark Brown

**Favourite shoe colour?**

Red

**Most loved pair of runners you have ever had (brand and style)?**

None that really stand out

**Favourite Race?**

Melbourne grand prix

**Your top 3 running experiences/performances?**

Anytime I run a PB and win a race

## **Personal Bests for your favourite distances?**

1500m - 3.38.42, 800m - 1.49.56



### **Competitive Edge Interview**

**CE - Corey, what's going on this season? You have been around athletics for many years and in fact ran a very respectable PB of 3.43 a year ago. But this year you have exploded. Is there anything specific you can put this rise to elite status down to - perhaps growing confidence?**

CT - Confidence is definitely one of the reasons why I am running better, along with enjoying it a lot more but that could be because I am running better. Training with a good group instead of just by myself is the major reason I think, as previously I was doing more on my own.

**CE - We are aware you have been to altitude several times this season and have also participated in stints at the AIS altitude house. Has this been beneficial - will you continue to visit altitude regularly.**

CT - It is hard to say whether the altitude has been beneficial for me or it is the group-training environment. I have done altitude training before and it didn't seem to really make a difference but you never know. If the opportunity is there to do more altitude training I would, as it is good to get away and be able to fully concentrate on the training without other distractions

**CE - You train with the Canberra crew including Philo Saunders, Michael Shelley, Andrew O'Neil and Lisa Corrigan. Do you think this highly competitive group is a positive environment for all involved?**

CT - I think it is a positive environment and we work well together. We are able to push each other in training and motivate each other to get the best out of every training session. You just have to know when to go easy, when to go hard and not over do it.

**CE - And in what respect does Dick Telford Coach you? We know that Gerard Barrett (sub 28min 10,000m runner) has enjoyed a long-standing coaching role with you?**

CT - Gerard Barrett is still my coach and knows what works best for me as he has trained me for 7 years now. Dick has been a great help to me this year giving me advice on training and racing when I need it. He is sort of an assistant coach for me and I appreciate him letting me train with his group and helping me out.

**CE - We know that you spent a couple of year on a track college scholarship in the states. Did you enjoy this experience and how has this shaped you as a runner?**

CT - I really enjoyed my time in the states and learnt a lot about running. In regards to shaping me as runner I think it put me back a few years in my progress as the uni I attended wasn't the best place for running, no hills and no good places to run along with training that didn't really suit me.

**CE - Would you encourage other young runners to go accept a college scholarship?**

CT - I would encourage other runners to take the opportunity as long as they make sure that they chose a good uni and especially if it is going to further their careers outside of running. As this was the only way I was going to get into uni. Running is good for something I guess.

**CE - What does a typical week of training involve for you? And do you specifically train for that enormous final kick you are famous for?**

CT - Typical week is not really any different to anyone else. 3 hard sessions, 2 longer runs with several shorter runs in the mornings. As for the kick there is nothing specific that I know of but I shouldn't be giving away that kind of confidential information anyway!

**CE - Do you believe in periodisation?**

CT - Yes I think it is a major part of any athletes training program. Getting the right training done at the right time of year is critical for overall development and peaking for competitions.

**CE - The Commonwealth Games were probably a pipe dream 6months ago but now they are a very real possibility - is this going to be your major focus during the next 12 months?**

CT - The commonwealth games has always been a goal of mine and I guess it is a real possibility now so it will definitely be a major focus along with the world championships. I was using this season as a stepping-stone for next year after being injured last season. So hopefully if I can get a good off-season in I will be ready for the trials.

**CE - You are most likely caught in the whirlwind of making such a fantastic breakthrough, but do you plan to race in Europe track season this year? Would this be the first time that you competed in Europe if you went?**

CT - I will see how I go at nationals first and then will decide from there but it is definitely something I am thinking about. If I go it would be the first time I would be going to compete.

**CE - Do you enjoy living and training in Canberra? And, do you have any thoughts of moving in the future?**

CT - I have been in Canberra most of my life and most of my friends and family are here. It is a great place for training with so many different areas to run and do sessions. I think everyone needs a change so I do plan to move in the future.

**CE - We have heard you don't mind a bit of a drink now and then. Do you count beer as a fundamental component of your program?**

CT - Yes beer should be a part of everyone's program. I don't know where you get your information from but I do like to have a drink with mates every now and then. Doesn't everyone?

**Thanks from the Competitive Edge**

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