

Abril Allende - Age Performance Squad



What are your favourite races? Why?

One of my favourite races would have to be the 200M Breastroke. Finding the rhythm and holding the power of the stroke without losing the precise technique is what makes or breaks the race. I find that empowering, but it provides its own challenges.

What's your favourite thing about being a Trojan Swimmer?

My favourite thing about being a Trojan swimmer would be that we always bind together, not only in the water, but on land as well. Our teammates get us through the toughest workouts or praise us in the water for having a terrific practice. We are more than just competitors, we are friends for life.

What's your favourite song / type of music to help you swim fast in training / a gala?

My favourite type of music to help me swim fast in a gala would have to be "pump" music. I Wanna Dance With Somebody by Whitney Houston is an example of "pump" music. When you listen the song, you shake out the nerves and remember to have fun and smile!

What's your favourite accomplishment to date? What goals do you have for this season?

My favourite accomplishment to date would be making the KL state swim team and achieving second place for 50m Breast at Nationals 2019.

My goals for this season would be to make the qualifying times for the Leinster Championships and build my endurance for long course events as I'm starting to realize it's one of my strengths.

Has Trojan helped you settle into life in Ireland?

When I joined Trojan I immediately found my tribe, people with the same passions and priorities like mine!

What life lessons has swimming with Trojan taught you?

Not even a global pandemic can tear Trojan down! As long as we work hard, support one another and keep believing we will 'make it happen'! 🤝🏆