

Brad Alan Lewis

Quotes

*Motivational, Race, Running, Sports, Perfect, Men, Keys, Hate, Guy, Pain,
Heart, Recovery, Rowing, Powerful, Practice, Long, Hurt, Workout, Unique,
Light*

If you want to be your best, spend a lot of time exploring what is more than enough. Push yourself until the bar is lying immobile across your chest. Push yourself right off the edge of your capacity.

~Brad Alan Lewis

Big guys like you and me aren't allowed to whine.

~Brad Alan Lewis

As you become more proficient, fewer people can offer you advice, although in truth, that's when you need it the most because the stakes just keep getting higher and higher.

~Brad Alan Lewis

Racing shirts should be sold on big, thick rolls like paper towels.

~Brad Alan Lewis

I never realized how many holidays encroached on the collegiate training schedule. When I was training for the Olympics, only one holiday interested me, the Day After the Games.

~Brad Alan Lewis

You need flawless balance on the recovery. You need white hot focus and the concentration to row square blades cleanly for seven miles. Smooth water doesn't hurt either.

~Brad Alan Lewis

After hooking up the fuel line and pumping a little gasoline through the hose, I prepared for a workout on the 'coach's ergometer'.

~Brad Alan Lewis

Rowing is such a fine sport. Everyone goes backward, and the leader can see his opponents as they struggle in vain.

~Brad Alan Lewis

Long live the elite rower's motto: 'early to bed, early to rise, never meet the regular guys.'

~Brad Alan Lewis

MCP, maximum controled pressure. No tomorrow, no waiting, nothing beyond the moment. We seek the perfect balance-total abandon on the drive, total control on the recovery.

~Brad Alan Lewis

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