

Greg Rutherford Quotes

*Thinking, Long, Training, Nice, Winter, Trying, Country, Animal, Clean,
Restaurants, Night, Steps, Offers, Sugar, Cities, Noise, People, Cabins, Book,
Years*

Take noise-cancelling headphones, a good book, and wear comfy clothes.

~Greg Rutherford

I always enjoy Oslo. It's a beautiful city, especially on a cold winter day.

~Greg Rutherford

For me, box step-ups and power clean [exercises] is by far the best.

~Greg Rutherford

For whatever reason, people aren't taught that sugar is a massive enemy.

~Greg Rutherford

I only enjoy legs day! For my training, it's sort of vital and I've learned to love it, I think.

~Greg Rutherford

For getting lean and trying to get toned, it's not about having a low weight and maximising as many reps as possible.

~Greg Rutherford

My worst flight was flying between Macau and Osaka in 2007. The turbulence was so bad that the cabin crew were assuming their crash positions. I had more than a bit of a sweat on.

~Greg Rutherford

I think squats is a generic thing - you can do squats with anything. That's the great thing about it. As long as you get in a safe position to do it.

~Greg Rutherford

I think if you're not going to look so daft walking down the street split

your workouts a little bit.

~Greg Rutherford

Skiing with friends in Reberty, France, after the Winter Olympics in 2010, was an amazing trip. I was at my happiest surrounded by all those mountains.

~Greg Rutherford

I'm not a big drinker, but coffee is important to me.

~Greg Rutherford

I'd love to see some animals in their natural habitat - as long as those animals are being well looked after.

~Greg Rutherford

I love Los Angeles. It has a lot to offer culturally and has amazing restaurants.

~Greg Rutherford

I generally don't enjoy relaxing and doing nothing on holiday.

~Greg Rutherford

I learned to ski at a young age and love it - but I don't get to do it as much as I'd like because of the risk of injuries.

~Greg Rutherford

I compete all over the world, so I travel two or three times a month and spend at least six months a year out of the country.

~Greg Rutherford

I know a lot of people in Phoenix, so I've had some great nights there. It's always hot, too, so it's just a nice to be outside in the evening.

~Greg Rutherford

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