



AARON PEIRSOL

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Date /place of birth	July 23, 1983
Blog /website	www.aaronpeirsolonline.com
Age	25
Height	1,85 m
Weight	90 kg
Team /Club	Longhorn Aquatics
Discipline	100m , 200m Backstroke
Coach	Eddie Reese
Place of training	Austin, Texas

Sporting question

1. Can you describe your normal training day?

I'll wake up around 6 am to take out the pup. Promptly after that and a bowl of cereal I'm off to morning practice which lasts from 6:30 to 8am. I'll head on home to have a proper breakfast and then take the dogs on a walk. I may watch the previous night's Daily Show and take it easy or run some errands before weights at 1:30pm which last until 3. And then from there I swim from 3 to 5. After that I usually need to eat fairly soon and take it easy the rest of the night. That would be typical, mellow training day.

2. How was the last season for you?

The last season was a pretty big one for me. So much so that I took a good break before I started this season up. Everything culminated in Beijing and I was happy with how I did. The 100 back surprised me a bit. I swam well and staved off a great field. The 200 was me trying to hang on through the meet. I wasn't able to pull off a win time but I was right on my best time from a month prior. And the relay was incredibly fun, as it always is. The medley relay is always a wonderful way to experience an international meet and the U.S. has a lot of history in it which makes it that much more meaningful.



3. *Who is your main rival? and what do you think about him or her?*

Nowadays I'm not sure who my main rival is. I think there are many people vying for the top right now and no one is safe. The backstroker I see right now is Ryosuke Irie I haven't found myself impressed as I am by him in a long time.

4. *What was your greatest triumph?*

I think perhaps my 100 back at this past Olympics. For how I felt and how hungry the rest of the field was, I was extremely elated to have had the result that I worked so hard for. Looking back on it, I realize it took a lot out of me. I really feel like I left it in the pool for that race.

5. *What is your best and worst swimming memory?*

My best swimming memory is of my first world record. That was a wonderful experience; I was so confident going into that race. My worst memory for a while was of my loss to Ryan Lochte in the 200 back at 2007 Worlds. It was something I really wasn't expecting and it was hard to swallow. I eventually used it to learn more about what I needed to improve. You always pay more attention to the races you lose.

6. *What thoughts usually go through your head in the first and the last few seconds of a race?*

I try not to think about too much. I just want to rely on what training has got me to that point. There's no point in letting the mind get in the way of the body, unless it is to keep it going, which really comes to practice at the end of a race. You have to be tough. But, again, that's what practice is for.

7. *What is your biggest challenge during a race? And during a training session?*

It's to train for the 200. The 100 and 200 are very different races and the 200 requires much more attention to pain and endurance.

8. *What has been your hardest race and why?*

It was probably my 200 back at 2007 Worlds. That was one painful race. I knew it was going to be for I wasn't feeling well during the meet, but to be beat to boot was just a twisting of the knife. It was good for my ego.



9. *In the swimming world, do you have a role model?*

Not really. I have people I respect a lot, but no one to really emulate after.

10. *How as being famous in the swimming world affected you ?*

Not too much, I don't think. But that may be a question for those who've known me for a long time. I just get whatever I want, whenever I want...jk.

11. *Has your high level status as a swimmer changed your personal, social or professional life?*

I really don't think it has changed my personal/social life at all. But it has afforded me the fortunate opportunity to work with some wonderful companies and people that really care about this sport.

12. *If you weren't a swimmer, what would you be?*

I really don't consider myself a swimmer.

13. *How do you concentrate? Do you have a special procedure?*

No special procedure, really. I think everyone knows when it's time to concentrate. But, again, I understand that the mind can get in the way of the body. I try not to concentrate too much.

14. *What do you listen to before and after a race??? ? And to relax?*

I've been on a Beatles kick lately. I have my record player that has aided in me listening to things I never would have otherwise. I've also been listening to David Bowie and the Stones a lot.

15. *Have you got a lucky charm?*

No lucky charms.

16. *Do you have any regrets in your career or in your life?*

Nothing that grand really. Knock on wood.

17. *Is it a pleasure or a chore to swim for a long time? What about competition ?*

Oh, it can be both. I do love to train but there are days where that extra 1000 can seem a little much. And it's never a a chore to race.



18. *What's your best place for training ?*

I love our pool at the University of Texas. But I wish we could rip the roof off.

19. *Do you think swimming is a technological sport? Why ?*

If it is, then it was so only recently. There is nothing that can take away from hard work and diligence, except, perhaps, technology. Yet many sports, such as golf and F1 have benefited from it.

Let's talk about Rome 2009

20. *How do you feel about Rome 2009?*

I think it's a wonderful place to have the World Championships and I hope to do well there. It would seem to be a beautiful meet that I do not want to miss.

21. *Look at Rome 2009...what are your goals?*

Very plainly, I want to win everything I swim.

22. *Which meetings do you plan to compete in as preparation for Rome 2009?*

I'm off to a meet in Charlotte, NC this week and the week after I go to Texas A&M for a closer to home meet.

23. *As regards time and technique, what are your objectives in the lead-up to Rome?*

I'm working on my fitness level most. On top of that, lengthening my stroke and building strength out of the pool.

General /Personal questions

1. *Describe yourself (physical and career)*

Physically I'm not much, but I clean up well. My career has been a dream. I'm living a dream.

2. *What do you like best about yourself?*

I'm pretty patient.

3. *What aspect do you dislike about yourself?*

My humor.

4. *What do you do on days where you're not in good shape (mentally and physically)?*

Too me they go hand in hand. I just try and get out and live a little.

5. *Do you have a lucky charm?*

I do not.

6. *A phobia ?*

None anymore,



7. *Outside sport, who do you consider a role model in terms of approach, moral values and skills?*
Miyamoto Musashi
8. *What do you have in your bag?*
Lots of food.
9. *Your favorite video game? Alone or with friends ?*
Resident Evil 5. But only until Resident Evil 6 comes out.
10. *Nightclub or buddies' party ?*
Buddys' for sure.
11. *What music do you listen to? Cult movie, book, artist, CD?*
Rock music mostly. Book: Farewell to Arms. Artist: Allison Schulnik.
12. *What's your favourite movie? Who's your favourite actor or actress?*
2001: Space Odyssey is my favorite movie. MY favorite actor is Philip Seymore Hoffman
13. *What's your favourite city? Where do think is the best place to live?*
My favorite city is New York. And the best place to live is probably La Jolla California.
14. *The place where you feel the best*
Close to the beach.
15. *The car of your dreams*
A 1950's bathtub Porsche
16. *If you had to stay on a desert island, what would you take with you?*
A satellite phone.
17. *What do you do to have fun?*
All kinds of things. I go camping or go downtown Austin or hang out with buddies.
18. *What do you do when you want to relax?* Going to the beach. Enjoys surfing when he's near the ocean; favorite places: the Wedge in Newport Beach, Calif., for body surfing, and a small beach in Nosara, Costa Rica
19. *A wish without limits: who would you like to be for one day?*
To have infinite wishes.