

Truth be told, I was inspired to join the trainings by my seniors who went in order to supplement school trainings. But as I continued the training, I was drawn to stay as I **saw leaps and bounds of improvements in my running.**

There are some things you naturally pick up as you go through the ups and downs of the sport, it has **not only transformed my performances on the track,** but **also taught me how to be a better person off it.** It has taught me diligence, discipline, responsibility and courage, values that I still hold close to my heart today.

Applying it to my student life, **I not only improved on the track, I found a newfound motivation to study harder.** This contributed greatly to helping me balance my life as a student athlete.

To me, the best way to describe the **training programme is structured, but not rigid.** It gave me the **flexibility to control my own workouts, while also providing a sense of structure and guidance.** The training has helped me achieve performance as well as personal goals, by setting small targets to achieve each training, helping **boost my confidence as well as my performance.**

All in all, I would encourage anyone interested to join the trainings. Despite the performance goals I achieved through it, I would still say my **biggest takeaways from this training include relationships with teammates and a reinvention of myself as a person** into someone not only ready to compete on the track, but in the real world as well.

**Kenneth Ng, Student-Athlete (W.A.L.A. athlete 2019)**