
Juan Miguel Echevarría trains at home for the Olympics

By: Radio Cadena Agramonte
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Juan Miguel Echevarría, long jumper from Camaguey, reiterated his interest in winning the Tokyo Olympics, now postponed to 2021, after the expansion of COVID-19 around the world.

In statements to the website of the Cuban sports weekly Jit, Echevarría acknowledged that the current circumstances require training at home under a certain plan.

"I am sure that in a while we will be able to return to normality, train and compete again for the Tokyo dream," said the athlete.

The talented jumper, a native of the Cuban province of Camagüey, added that the positive side must be seen in the situation and considers that he will come with more experience to the rescheduled summer fight from July 23 to August 8 of next year.

Regarding the adjustments in his preparation due to the inaction caused by the appearance and spread of COVID-19, Echevarría explained that

he follows the instructions of Coach Daniel Osorio from his home to maintain physical shape.

At the moment, he said, they have a weekly plan that he reviews with his preparer by phone and said that among the indications is to perform exercises with garters and other actions that can be performed at home.

Echevarría, 23 years old, reiterated that the most important thing now is to beat the new coronavirus and assured that he will arrive in the Japanese capital with new energy in order to fulfill his dreams.
