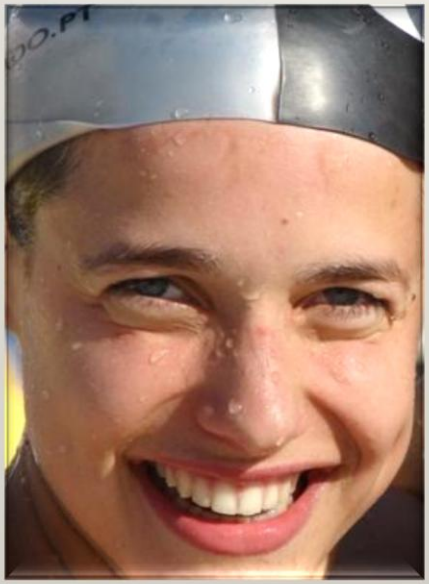
European Athlete as Student

www.eas-network.eu



Nacional Team from 1999-2008
25 International Competitions
4 **European Championships**
1 **World Championship**

30 times **Nacional Champion**
8 **Nacional Records**

16 times **Nacional University Champion**
2 times **Athelete of the year of Lisbon University**

Team Lider of CNCVG since 2002

Sara Madeira

DUAL CARRER



College of **Medicine** in UL since 2006

6th year – Clinical Pratice
Master's degree - "Adolescents & Smoking"

European Athlete as Student

www.eas-network.eu

Sara Madeira

"MULTIPLE CARRER"



Sara Madeira

DAILY ROUTINE

5:40h Wake Up!!!!

6:30 h Morning Pratice (POOL 50M) ≈ 4km

9:00 h College of Medicine: Clinical Pratice

13h Luch in the Hospital Canteen

14h College of Medicine: Lectures

17h Gym

18h Evening Partice (CNCVG) ≈ 6km

21h Dinner with Family



- Physiotherapy ?
- Psichologist?
- Nutritionist?

- Group works?
- Study?

- Hobbies
- Parties?

EUROPEAN ATHLETE AS STUDENT

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EUROPEAN ATHLETE AS STUDENT

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Nacional Federation

City hall

College

Institute of Portuguese Sport

University



MANAGER For CONNECTING

Other Athletes

Swimming Team

Support

Sponsor