



Trindade: Giselle Trindade helps brighten up Navratilova's workouts with a machine filled with a never-ending supply of balls.

WORKING OUT WITH

# Martina Navratilova

Nonstop cross-training and speed drills help keep the Hall of Fame legend in tour-level condition. By Stephen Tignor

"I HAD A NICE, LOW-IMPACT REGIMEN PLANNED when I started to work with her, but after a week, I had to throw it away," says Giselle Trindade, physical trainer and massage therapist for Martina Navratilova. "It was way too easy."

The 45-year-old Navratilova, who rejoined the tour part time last year and became the oldest woman to win a WTA singles match, is a "physical freak,"

according to Trindade, who has also worked with Arantxa Sanchez-Vizcaino and Jennifer Capriati. "Martina can do anything."

Navratilova's training runs the gamut of athletic activity—soccer, basketball, ice hockey, boxing, weight lifting, spinning, and lots of on-court drills designed to keep up her speed and agility. "As you get older, you lose quickness, even Martina," Trindade says.

But Navratilova's paramount concern, as it should be for anyone in their 40s who plays regularly, according to Trindade, is flexibility. "Stretching goes more important with time," she says. "We stretch twice, sometimes three times a day, and after every workout."

Following are a few elements from Navratilova's rou-