

# Dina Asher-Smith: Ultimate Sports Heroine

Dina Asher-Smith is one of the most successful British track and field athletes of all time. She is a two-time Olympic medalist, a three-time World Championship medalist, and the reigning European champion in the 100m and 200m.



## Dina Asher-Smith (Ultimate Sports Heroes): Going for Gold by Charlotte Browne

★★★★★ 5 out of 5

Language : English  
File size : 992 KB  
Text-to-Speech : Enabled  
Enhanced typesetting : Enabled  
Word Wise : Enabled  
Print length : 89 pages  
Screen Reader : Supported



Asher-Smith was born in Orpington, London, in 1995. She began her athletics career at a young age, and by the time she was 16, she was competing at the international level. In 2013, she won the gold medal in the 100m at the European Junior Championships.

Asher-Smith made her Olympic debut at the 2016 Rio Games, where she finished fifth in the 100m and fourth in the 200m. She won her first Olympic medal at the 2020 Tokyo Games, where she took silver in the 100m and bronze in the 200m.

Asher-Smith is also a three-time World Championship medalist. She won the bronze medal in the 100m at the 2017 World Championships, the silver medal in the 200m at the 2019 World Championships, and the gold medal in the 200m at the 2022 World Championships.

In addition to her Olympic and World Championship medals, Asher-Smith has also won the European Championship in the 100m and 200m. She is the first British woman to win the European Championship in both events.

Asher-Smith is a role model for young athletes around the world. She is a hard worker, a talented athlete, and a great ambassador for the sport of track and field.

### **Dina Asher-Smith's Training Regimen**

Asher-Smith trains six days a week, with one day off for rest. Her training regimen includes a variety of exercises, including:

- Sprints
- Hurdle drills
- Weightlifting
- Plyometrics
- Core exercises

Asher-Smith's training is designed to improve her speed, strength, and power. She also follows a strict diet that is high in protein and carbohydrates.

### **Dina Asher-Smith's Diet**

Asher-Smith follows a strict diet that is high in protein and carbohydrates. She eats a variety of foods, including:

- Lean protein (chicken, fish, tofu)
- Complex carbohydrates (brown rice, oatmeal, quinoa)
- Fruits and vegetables
- Healthy fats (olive oil, avocado)

Asher-Smith also drinks plenty of water throughout the day. She avoids processed foods, sugary drinks, and excessive amounts of alcohol.

## **Dina Asher-Smith's Legacy**

Dina Asher-Smith is one of the most successful British track and field athletes of all time. She is an inspiration to young athletes around the world. Her hard work, dedication, and talent have made her a role model for all.

Asher-Smith's legacy will continue to inspire generations of athletes to come. She is a true champion and a great ambassador for the sport of track and field.

## **Image Gallery**





Dina Asher-Smith winning the gold medal in the 200m at the 2022 World Championships



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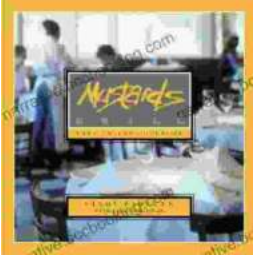
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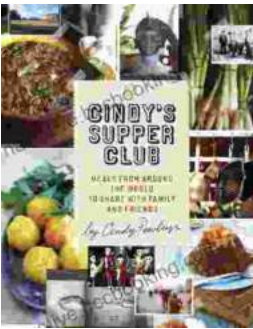
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