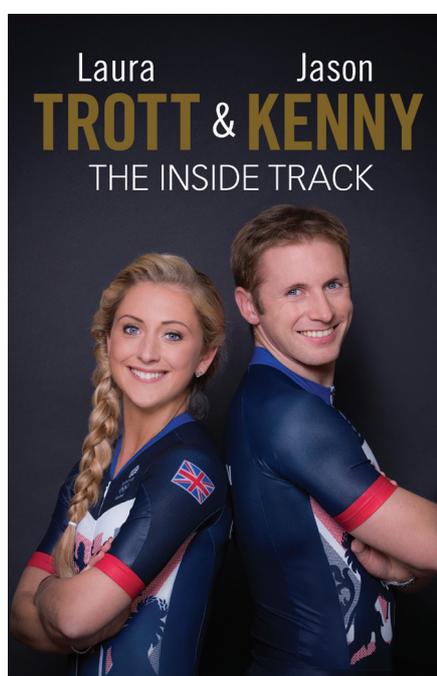


The official autobiography of the Rio Olympics' golden couple

LAURA TROTT & JASON KENNY

THE INSIDE TRACK

This inspirational autobiography explores the world of two of the UK's most successful athletes, how they were inspired to take up cycling, the highs and lows of competing, and what it is like being cycling's golden couple.



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Includes 16 pages of
colour photographs

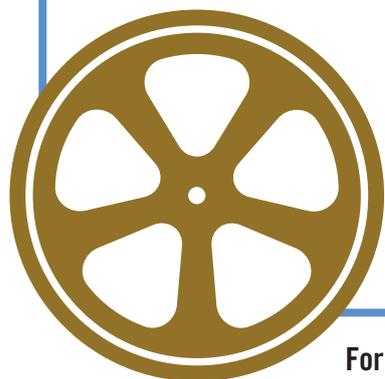
Through an integrated narrative Laura Trott and Jason Kenny retrace the steps of a journey to gold-medal success at the Rio de Janeiro Olympics. Taking the reader behind the scenes of British cycling's Olympic training and preparation (both mentally and physically); this book explores the difficulties of turning professional; the personal sacrifices endured along the way; and their inspirations and motivations to keep competing.

From Bolton and Cheshunt to Beijing, London and Rio, this combined autobiography has Laura and Jason's relationship at its core, while detailing how being in the unique position of competing in the same sport, but not together or against each other, impacts their lives, and how it can be both a blessing and a curse. It compares their different experiences of racing at junior level, and explores the role of family, friends and relationships along the way that led them to the senior circuit, to meeting each other and, eventually, falling in love.

Reliving their individual successes at the World Championships and Commonwealth Games, and the Olympic performances that cemented their positions at the very top of their sport, Laura and Jason explain what keeps them going, and exactly how one becomes a nation's most successful Olympic athlete.

This book reveals for the first time the people behind the medals and will entertain, encourage and inspire anyone that picks it up.

The famous track cycling couple Laura Trott and Jason Kenny, who recently married, have won a combined total of ten Olympic gold medals over three Games. Trott is Britain's most successful female Olympian and Kenny is the joint holder, with Sir Chris Hoy, of the highest number of Olympic gold medals for a British athlete, with a total of six.



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