



Promising Athletes Programme

Charlie Stanton-Stock

My transition to cycling was driven by my diagnosis with Charcot-Marie-Tooth Disease, leading me to switch from rugby to cycling. My training regimen is extensive, utilizing indoor bike studios, velodromes, and physiology labs. Crucially, I complement this with twice-weekly strength and conditioning sessions at my local gym. These sessions are vital for performance enhancement and injury prevention in my cycling training.



OVERVIEW

Since my first para-triathlon in September 2014 with the Arctic Foundation, I have completed ten triathlons, raising money for CMT. Locally based para-triathlete George Peasgood has been a major role model, and his journey to the 2016 and 2020 Paralympics, along with his resilience in overcoming recent injuries, has deeply inspired my own aspirations.

Outside of my passion for cycling, I enjoy baking, reading, and organizing game nights with friends.

The Promising Athlete Programme is critical to achieving my goal of representing Great Britain at the 2028 Paralympics. It would allow me to consistently access the high-quality facilities and supportive environment at my local leisure centre for my strength and conditioning training, which will significantly accelerate my progress as an athlete.

1Life
Live more. Live well.

www.1life.co.uk