

# *Omara Durand back to training after recovering from injury*

---



Havana, (RHC) - Paralympic multi-champion sprinter Omara Durand rejoined training at the Pan-American stadium in eastern Havana.

Durand returned to training on the stadium track after completing a rehabilitation. The Cuban suffered an injury at the last World Championship in Dubai, United Arab Emirates. For these achievements, the five-time monarch in the Paralympic Games, is nominated for the Tokyo 2020 Paralympics. In dialogue with JIT, Omara Durand sent a congratulation message to the medical staff. On the return to the conditioning sessions coach Miriam Ferrer pondered the work. Ferrer said that Omara will have to complete a training base in Guatemala from now on. He said the athlete could participate in an official competition for the first time. Omara Durand is the first Cuban disabled athlete qualified for Tokyo 2020, when she will compete in the 100m and 200m sprints.

---

<https://www.radiohc.cu/en/noticias/deportes/213913-omara-durand-back-to-training-after-recovering-from-injury>



**Radio Habana Cuba**