

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 program. The Cuban athlete suffered an injury at the last World Championship in Dubai, United Arab Emirates. For these achievements, the five-time Paralympic Games champion, is nominated for the Tokyo 2020 Paralympic Games. In dialogue with the Cuban Institute of Sports, Omara Durand sent a congratulatory message to the medical staff. On the return to the conditioning sessions, coach Miriam Ferrer pondered the work of the athlete. Ferrer said that Omara will have to complete a training base in Guatemala from where she will continue her preparation. He said the athlete could participate in an official competition for the first time in a long time. Omara Durand is the first Cuban disabled athlete qualified for Tokyo 2020, when she will represent her country.

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