

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

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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 Paralympics. 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 start her preparation. He said the athlete could participate in an official competition for the first time since her injury. Omara Durand is the first Cuban disabled athlete qualified for Tokyo 2020, when she will compete in the 100m and 200m sprints.

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



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