https://www.youtube.com/watch?v=eTcFBaVUUg4 – Adam Gemili Rio 2016 VLOG

Aly Raisman

- 7AM – Wake Up, Skincare & Breakfast
- 740AM – Drive to Gymnasium
- 830AM – Gymnastics Practice
- 1130AM – Lunch
- 1230PM – Relax, Bath & Nap
- 3PM – Healthy Snack
- 5PM – Gymnastics Practice
- 940PM – Post-workout Dinner
- 10PM – Ice, Cool Down
- 1015PM – Shower, Brush Teeth, Skincare & Sleep

Michael Phelps

- 6AM ~ Wake Up
- 7AM-9AM ~ Swim
- 9AM-10AM ~ Weightlift
- 10AM-12PM ~ Eat
- 12PM-1PM ~ Nap
- 4-6PM ~ Swim
- 6PM-8PM ~ Dinner
- 8PM-10PM ~ Spend time with fiancé and son Boomer
- 10PM ~ Bedtime