

- It's a very nice arena and an amazing atmosphere to race and try to run fast. Also, it's a very good fit with my program and my plans for training camps and championships. So, I guess the stars align, and I'm here for the fifth time. I think Liévin is always testing myself and seeing where the fitness is for the winter training. And also, this year, there is a championship. So, it's always a very good test, and I expect a good race. This year we're changing it up a little bit, running a little bit longer than usual with the mile. It's my first indoor race over the mile, I am more a fan of the traditional Olympic distance. But I feel good and I think fitness wise it's all been going according to plan and I am very excited to see the work that I've done the last couple of months, to see what I can turn it into during a race.

- The approach to the mile is very similar, I think I'm having to push as hard as I can and then run the extra distance so I think it's going to be fun.

- I always approach my races the same, it depends obviously on what I want to accomplish but this is a race where I'm going to test myself and usually that means pushing as hard as I can on the gas and see how far we can go. But ultimately it's a great thing, that people are running faster but still it's a competition and it's about winning, and I think it's going to be a good race tomorrow.

- I have asked my fans on social media to make suggestions for my indoor races. I'm not sure if a lot of people voted for Liévin but this is what I decided eventually. I've not made my plans 100% yet for the upcoming races but we'll have to take this race first and if everything goes according to plan maybe more races and if it doesn't go according to plan maybe also more races. But I have a good feeling I've done everything that I'm supposed to do, and I think I can run faster.

- Definitely, being a father changes a little bit at the same time I'm very lucky to be able to do this still professionally and have a good team around me that helps me kind of prioritize and back my decisions. But it's a very nice thing to be part of. She's not here but she visited me in training camp. It's of course a fun thing to have your family follow you around and watch you compete, I think that's something special that we can experience together.

- As a professional runner you always want to accomplish your dreams and reach your goals but there's always something new and I think as a runner my approach has always been to improve so if I run a race I always want to do better. I've been here four times previously and some good races some bad races and it's always about improving and trying to do things just a little bit better. This year the distance is a little bit different but it's still the same principles about running. Of course I am chasing the world record, if not it would be completely pointless. We're also going to get an official 1500m split tomorrow and I think it's a good way of chasing a different record as the 1500 meter. I'm very excited to race something that I haven't raced previously and see what I can do but still it's more or less the same so obviously it's very similar in terms of performance in both distances.

- I think victories depend on a lot of different factors, tactics are obviously a big part of it but still every race is very different and you meet different competition but I think as a person that races quite a lot, sometimes you're going to do good things and sometimes you're going to do bad things. I think the most important thing is to jump

back on the horse and try again.

- I'm not here to not try to win. I believe in myself, and I believe in my abilities but still it's about showing up and trying to do as good as you can.

*Kilde: World Athletics.*