



PEAKE

adidas #boost

ZERO G

esa

European Space Agency



Timothy Peake

esa

inspiring

1
00:00:06,950 --> 00:00:02,790
station this is houston are you ready

2
00:00:06,960 --> 00:00:10,390
station i am ready for the event

3
00:00:14,310 --> 00:00:12,470
european space agency this is mission

4
00:00:27,830 --> 00:00:14,320
control houston please call station for

5
00:00:27,840 --> 00:00:33,030
how do you hear me

6
00:00:36,150 --> 00:00:34,709
good afternoon jewel this is tim on the

7
00:00:40,229 --> 00:00:36,160
international space station i hear you

8
00:00:40,239 --> 00:00:45,750
good evening

9
00:00:49,990 --> 00:00:47,430
great tim good to see you we're here in

10
00:00:52,709 --> 00:00:50,000
the tower hotel in london and uh i give

11
00:00:55,189 --> 00:00:52,719
the floor to tim machin

12
00:00:57,189 --> 00:00:55,199
tim hi our namesake here we spoke back

13
00:00:59,430 --> 00:00:57,199

in november i think it was when this was

14

00:01:04,549 --> 00:00:59,440

all announced um how's your fitness

15

00:01:08,789 --> 00:01:06,550

absolutely yes that the fitness training

16

00:01:11,270 --> 00:01:08,799

is going well preparation for the london

17

00:01:13,270 --> 00:01:11,280

marathon on sunday have gone well and

18

00:01:15,109 --> 00:01:13,280

i'm feeling good you know we have a

19

00:01:16,710 --> 00:01:15,119

great training team that support us up

20

00:01:18,310 --> 00:01:16,720

here in everything we do and that

21

00:01:28,149 --> 00:01:18,320

includes our physical condition so

22

00:01:30,390 --> 00:01:29,590

we have libby and john here of course

23

00:01:32,630 --> 00:01:30,400

from

24

00:01:35,270 --> 00:01:32,640

team astronaut but we also have a patch

25

00:01:40,550 --> 00:01:35,280

room tim waiting to ask you a question

26

00:01:41,990 --> 00:01:40,560

so we'll we'll get straight into that um

27

00:01:43,670 --> 00:01:42,000

the photographers we would like to have

28

00:01:45,590 --> 00:01:43,680

a quick shot with you first though tim

29

00:01:48,230 --> 00:01:45,600

if you're gonna give us the older uh one

30

00:01:50,630 --> 00:01:48,240

in a million hashtag one million uh

31

00:01:52,069 --> 00:01:50,640

finger up and uh libby as well we'll

32

00:02:03,350 --> 00:01:52,079

stand in front so we can get a shot of

33

00:02:09,510 --> 00:02:06,069

it's not left left-handed left-handed

34

00:02:25,830 --> 00:02:10,949

we've got our still photographers tim

35

00:02:30,150 --> 00:02:27,830

thank you very much indeed gents uh and

36

00:02:32,070 --> 00:02:30,160

we would ask you to refrain from taking

37

00:02:35,030 --> 00:02:32,080

any more photos so that we can have good

38

00:02:36,790 --> 00:02:35,040

sound quality for the next 15-20 minutes

39

00:02:38,949 --> 00:02:36,800

thank you very much indeed tim thanks

40

00:02:41,589 --> 00:02:38,959

for your patience um and and indeed for

41

00:02:43,270 --> 00:02:41,599

that gesture um without any further ado

42

00:02:45,509 --> 00:02:43,280

let's open it up to questions and of

43

00:02:47,190 --> 00:02:45,519

course first of all it is uh my good old

44

00:02:49,190 --> 00:02:47,200

friend steve cram here in the room with

45

00:02:51,509 --> 00:02:49,200

us from bbc television the host

46

00:02:53,990 --> 00:02:51,519

broadcaster who would like to ask you a

47

00:02:56,070 --> 00:02:54,000

couple of questions i believe steve

48

00:02:57,830 --> 00:02:56,080

hi tim yes steve kram here from bbc

49

00:03:00,229 --> 00:02:57,840

sports um

50

00:03:02,229 --> 00:03:00,239

you're one of tens of thousands who are

51
00:03:04,630 --> 00:03:02,239
going to be taking part in your own

52
00:03:06,070 --> 00:03:04,640
unique way uh on sunday most of them

53
00:03:07,670 --> 00:03:06,080
will probably say they haven't done

54
00:03:10,070 --> 00:03:07,680
enough training

55
00:03:11,430 --> 00:03:10,080
do you fall into the same category and

56
00:03:15,350 --> 00:03:11,440
what particular issues have you been

57
00:03:19,030 --> 00:03:16,949
hello steve it's great to be talking to

58
00:03:20,790 --> 00:03:19,040
you this afternoon and um yeah i've got

59
00:03:23,030 --> 00:03:20,800
a guilty admission i probably do fall

60
00:03:24,309 --> 00:03:23,040
into that same category uh i don't think

61
00:03:26,229 --> 00:03:24,319
you can ever do enough training for a

62
00:03:28,309 --> 00:03:26,239
marathon but i've certainly been putting

63
00:03:29,830 --> 00:03:28,319

in the miles on the on the t2 treadmill

64

00:03:30,869 --> 00:03:29,840

as what we call it up here on the space

65

00:03:32,550 --> 00:03:30,879

station

66

00:03:34,309 --> 00:03:32,560

and i've done a few half marathons and a

67

00:03:36,550 --> 00:03:34,319

little bit longer distance than that as

68

00:03:38,630 --> 00:03:36,560

well so i'm comfortable that i can i can

69

00:03:40,789 --> 00:03:38,640

get on and run the marathon on on sunday

70

00:03:41,990 --> 00:03:40,799

um but i'm sure there'll be a few points

71

00:03:52,070 --> 00:03:42,000

where i'll be wishing i did a bit more

72

00:03:55,509 --> 00:03:54,309

well most people uh have something

73

00:03:56,949 --> 00:03:55,519

that's going to keep them going on

74

00:03:58,869 --> 00:03:56,959

sunday for some it'll be the cause

75

00:04:00,309 --> 00:03:58,879

they're running for for some it'll be

76

00:04:01,990 --> 00:04:00,319

maybe the finish line i know you've got

77

00:04:03,750 --> 00:04:02,000

a brilliant view out of the window but

78

00:04:05,509 --> 00:04:03,760

what is going to keep you going in your

79

00:04:07,270 --> 00:04:05,519

own particular marathon music you listen

80

00:04:11,670 --> 00:04:07,280

to or things you're thinking about what

81

00:04:14,070 --> 00:04:12,949

you know that's a great question i think

82

00:04:15,509 --> 00:04:14,080

there's a number of things that are

83

00:04:18,069 --> 00:04:15,519

going to keep me motivated and one of

84

00:04:20,629 --> 00:04:18,079

the one of the um you know main memories

85

00:04:23,270 --> 00:04:20,639

i have of 1999 when i ran the london

86

00:04:25,350 --> 00:04:23,280

marathon before was the atmosphere and

87

00:04:27,990 --> 00:04:25,360

the crowd and the other competitors

88

00:04:29,830 --> 00:04:28,000

taking part and that that spirit really

89

00:04:32,310 --> 00:04:29,840

lifted me the entire way through the

90

00:04:34,070 --> 00:04:32,320

race so in order to try and get some of

91

00:04:35,590 --> 00:04:34,080

that up here on board the space station

92

00:04:37,590 --> 00:04:35,600

i've got a couple of things firstly i've

93

00:04:39,350 --> 00:04:37,600

got the uh run social app so i'll

94

00:04:40,550 --> 00:04:39,360

actually be looking at the the route

95

00:04:42,150 --> 00:04:40,560

that i'm running and i'll be running

96

00:04:44,310 --> 00:04:42,160

alongside everybody else who's running

97

00:04:46,469 --> 00:04:44,320

the digital version of the the london

98

00:04:48,310 --> 00:04:46,479

marathon uh and also hopefully i'll get

99

00:04:50,710 --> 00:04:48,320

the telly uh sent up to the space

100

00:04:52,710 --> 00:04:50,720

station as well so uh at times i'll be

101
00:04:54,469 --> 00:04:52,720
able to actually see what's going on uh

102
00:04:56,550 --> 00:04:54,479
with the real race down in london which

103
00:04:58,230 --> 00:04:56,560
will be a huge boost to me to be able to

104
00:05:00,070 --> 00:04:58,240
know that i i'm running alongside

105
00:05:02,310 --> 00:05:00,080
everyone down there and of course people

106
00:05:04,230 --> 00:05:02,320
like john and libby who are running

107
00:05:05,270 --> 00:05:04,240
alongside me and everybody from team

108
00:05:06,950 --> 00:05:05,280
astronaut

109
00:05:08,310 --> 00:05:06,960
from the prince's trust as well it's

110
00:05:10,230 --> 00:05:08,320
great to know that i've got all that

111
00:05:20,710 --> 00:05:10,240
support down there and i'm running for a

112
00:05:31,430 --> 00:05:22,390
thank you tim next questions from our

113
00:05:31,440 --> 00:05:34,710

do we have bbc news here

114

00:05:38,790 --> 00:05:36,230

right we have another show from bbc news

115

00:05:43,110 --> 00:05:38,800

itn

116

00:05:46,230 --> 00:05:43,120

please and then uh ask tim the question

117

00:05:51,270 --> 00:05:49,430

paul davis from itv news um just picking

118

00:05:53,270 --> 00:05:51,280

up on the point you were making to steve

119

00:05:55,830 --> 00:05:53,280

there is it right to say that the

120

00:05:56,710 --> 00:05:55,840

greatest challenge that you will face is

121

00:05:59,029 --> 00:05:56,720

that

122

00:06:01,749 --> 00:05:59,039

while all the runners down here will be

123

00:06:03,590 --> 00:06:01,759

buoyed by the crowds and their fellow

124

00:06:05,909 --> 00:06:03,600

runners isn't it going to be a very

125

00:06:11,670 --> 00:06:05,919

lonely lonely experience for you up

126

00:06:14,870 --> 00:06:13,270

i guess you could say that but i'm

127

00:06:16,710 --> 00:06:14,880

pretty used to life on board the space

128

00:06:18,230 --> 00:06:16,720

station now i've been over four months

129

00:06:20,309 --> 00:06:18,240

up here and of course i have got my

130

00:06:22,230 --> 00:06:20,319

other crewmates who'll be popping into

131

00:06:23,670 --> 00:06:22,240

node 3 where i'll be running the race

132

00:06:25,350 --> 00:06:23,680

and they'll be cheering me on at times

133

00:06:26,550 --> 00:06:25,360

and giving me some motivation as well

134

00:06:29,029 --> 00:06:26,560

i'm sure

135

00:06:30,550 --> 00:06:29,039

and you know i'll also have some music

136

00:06:32,469 --> 00:06:30,560

to listen to

137

00:06:34,309 --> 00:06:32,479

and i'll have plenty of things to keep

138

00:06:36,710 --> 00:06:34,319

me motivated and i really think that you

139

00:06:38,309 --> 00:06:36,720

know getting to to run the uh on the run

140

00:06:39,430 --> 00:06:38,319

social app and with the tele

141

00:06:41,270 --> 00:06:39,440

occasionally that's going to give me a

142

00:06:43,189 --> 00:06:41,280

real lift and it'll keep me going

143

00:06:45,270 --> 00:06:43,199

unfortunately the treadmill isn't

144

00:06:47,110 --> 00:06:45,280

located by the window so the one thing i

145

00:06:48,950 --> 00:06:47,120

won't be able to do is actually look out

146

00:06:51,430 --> 00:06:48,960

the window and look at planet earth as i

147

00:07:01,350 --> 00:06:51,440

run the race so i'll have to save that

148

00:07:04,629 --> 00:07:02,790

thank you tim the next question is from

149

00:07:07,670 --> 00:07:04,639

good morning britain ranveer singh who

150

00:07:10,150 --> 00:07:07,680

is also running on sunday render yes

151
00:07:12,950 --> 00:07:10,160
hello tim one pledged to speak with sir

152
00:07:16,070 --> 00:07:12,960
round here from

153
00:07:18,309 --> 00:07:16,080
uh hi tim it's uh ranveer singh from itv

154
00:07:19,670 --> 00:07:18,319
good morning britain the clear advantage

155
00:07:21,990 --> 00:07:19,680
you have is on sunday that you won't

156
00:07:23,830 --> 00:07:22,000
have to queue up for the lose uh before

157
00:07:24,790 --> 00:07:23,840
10 o'clock so congratulations on that

158
00:07:26,390 --> 00:07:24,800
win

159
00:07:27,990 --> 00:07:26,400
but uh

160
00:07:29,270 --> 00:07:28,000
the one thing that's keeping me going

161
00:07:31,189 --> 00:07:29,280
i'm going to be terrible on sunday i'm

162
00:07:32,550 --> 00:07:31,199
quite sure is the fact that my family is

163
00:07:34,870 --> 00:07:32,560

right at the end

164

00:07:38,390 --> 00:07:34,880

and a big hug from them will hopefully

165

00:07:43,749 --> 00:07:38,400

keep me going how are you coping without

166

00:07:47,350 --> 00:07:45,749

uh it's great to talk to you it's that's

167

00:07:48,629 --> 00:07:47,360

a good question and just to pick up on

168

00:07:50,070 --> 00:07:48,639

your first point i'm actually running

169

00:07:51,589 --> 00:07:50,080

right next to the loo up here on the

170

00:07:54,469 --> 00:07:51,599

space station so there certainly won't

171

00:07:56,550 --> 00:07:54,479

be a cue for it um and uh i'm quite

172

00:07:59,029 --> 00:07:56,560

fortunate that once a week we get a

173

00:08:01,749 --> 00:07:59,039

video link with our family and mine will

174

00:08:03,510 --> 00:08:01,759

be after the race on sunday so although

175

00:08:05,830 --> 00:08:03,520

i won't be actually able to hug them

176

00:08:07,990 --> 00:08:05,840

i'll be able to go and have a video call

177

00:08:09,189 --> 00:08:08,000

with them and speak to them in houston

178

00:08:10,550 --> 00:08:09,199

which would be great i'll really be

179

00:08:12,869 --> 00:08:10,560

looking forward to that throughout the

180

00:08:15,189 --> 00:08:12,879

race and i can also call them on the

181

00:08:17,270 --> 00:08:15,199

phone anytime as well we have great

182

00:08:26,950 --> 00:08:17,280

communication up here on board the space

183

00:08:30,550 --> 00:08:28,230

it's great you'll have that virtual

184

00:08:36,949 --> 00:08:30,560

family support tim next question from

185

00:08:40,630 --> 00:08:38,790

hi to minnie stevenson from channel 5

186

00:08:43,670 --> 00:08:40,640

news now we all know that showering in

187

00:08:45,670 --> 00:08:43,680

space is challenging and we're wondering

188

00:08:48,070 --> 00:08:45,680

how you're planning to soak your muscles

189

00:08:53,269 --> 00:08:48,080

post marathon yours concerned of channel

190

00:08:56,949 --> 00:08:55,110

well you know yeah cleaning cleaning in

191

00:08:58,630 --> 00:08:56,959

space is just a little bit like camping

192

00:09:00,470 --> 00:08:58,640

we have a hot water dispenser and

193

00:09:02,470 --> 00:09:00,480

flannels and towels and and that does

194

00:09:05,509 --> 00:09:02,480

the job really of of all of our personal

195

00:09:07,350 --> 00:09:05,519

hygiene um but in terms of recovery from

196

00:09:09,030 --> 00:09:07,360

uh race or from running training

197

00:09:11,110 --> 00:09:09,040

actually weightlessness i think is one

198

00:09:12,710 --> 00:09:11,120

of the perfect environments because the

199

00:09:14,310 --> 00:09:12,720

moment you stop running and the moment

200

00:09:16,710 --> 00:09:14,320

you get off that bungee system your

201
00:09:19,030 --> 00:09:16,720
muscles are in a completely relaxed

202
00:09:21,430 --> 00:09:19,040
state and i do think that we recover

203
00:09:24,070 --> 00:09:21,440
faster up here from any kind of aches or

204
00:09:33,990 --> 00:09:24,080
sprains any muscular problems i think do

205
00:09:34,000 --> 00:09:38,949
playlist and what's on it

206
00:09:42,230 --> 00:09:40,949
i i your question was a bit clipped

207
00:09:43,910 --> 00:09:42,240
there but i think it was about my music

208
00:09:45,910 --> 00:09:43,920
playlist and that's something that i've

209
00:09:47,829 --> 00:09:45,920
been gradually tweeting out over the

210
00:09:50,389 --> 00:09:47,839
mission in a competition called space

211
00:09:52,389 --> 00:09:50,399
rocks and there are 75 of my favorite

212
00:09:54,630 --> 00:09:52,399
tracks on that uh list and i think most

213
00:09:55,750 --> 00:09:54,640

of them are already out there now so uh

214

00:09:57,269 --> 00:09:55,760

you can go and have a look at that but

215

00:10:00,070 --> 00:09:57,279

there's a whole mix of things i've got a

216

00:10:01,750 --> 00:10:00,080

rather varied and sometimes eclectic

217

00:10:10,710 --> 00:10:01,760

taste in music so it's a bit of

218

00:10:15,509 --> 00:10:13,590

thank you tim channel 4 news is next in

219

00:10:17,350 --> 00:10:15,519

line yes

220

00:10:19,590 --> 00:10:17,360

hi tim tom clark here from channel 4

221

00:10:22,150 --> 00:10:19,600

news now you have been training hard for

222

00:10:24,069 --> 00:10:22,160

your zero g marathon

223

00:10:26,310 --> 00:10:24,079

can you give us an idea though what toll

224

00:10:28,069 --> 00:10:26,320

microgravity has taken on your body and

225

00:10:29,509 --> 00:10:28,079

if you were to fly back to london on

226

00:10:31,430 --> 00:10:29,519

sunday do you think you'd make it the

227

00:10:36,550 --> 00:10:31,440

entire way around the course here in

228

00:10:41,030 --> 00:10:38,310

well that's a good question tom i think

229

00:10:42,949 --> 00:10:41,040

that uh to run a marathon after space

230

00:10:45,590 --> 00:10:42,959

flight yes you could do it you could

231

00:10:48,389 --> 00:10:45,600

probably do it after six months my esa

232

00:10:50,949 --> 00:10:48,399

colleague luca parmitano he ran an

233

00:10:53,030 --> 00:10:50,959

ironman within a year of returning from

234

00:10:54,790 --> 00:10:53,040

space but certainly you know within a

235

00:10:56,470 --> 00:10:54,800

week of returning from space no i think

236

00:10:58,949 --> 00:10:56,480

that would probably be a step too far we

237

00:11:01,030 --> 00:10:58,959

do need a period of rehabilitation in

238

00:11:02,389 --> 00:11:01,040

order to acclimatize back to earth's

239

00:11:04,310 --> 00:11:02,399

gravity

240

00:11:06,550 --> 00:11:04,320

i'm very used to running up here now i

241

00:11:08,710 --> 00:11:06,560

probably run with about 75 percent of my

242

00:11:15,910 --> 00:11:08,720

body weight and i've got a harness

243

00:11:21,190 --> 00:11:18,069

so this is what keeps me strapped to the

244

00:11:23,829 --> 00:11:21,200

treadmill when i run and uh these chains

245

00:11:25,509 --> 00:11:23,839

connect to a bungee system and uh and

246

00:11:27,269 --> 00:11:25,519

that keeps me on the treadmill and it

247

00:11:29,430 --> 00:11:27,279

gives me the the weight bearing that i

248

00:11:31,350 --> 00:11:29,440

need on my my legs to stimulate those

249

00:11:33,269 --> 00:11:31,360

muscles and to make sure that we don't

250

00:11:35,350 --> 00:11:33,279

lose too much muscle mass and we don't

251

00:11:37,430 --> 00:11:35,360

lose too much bone density

252

00:11:38,870 --> 00:11:37,440

and it's the stimulation of running and

253

00:11:40,790 --> 00:11:38,880

weight training that actually prevents

254

00:11:51,110 --> 00:11:40,800

us from doing that so we do stay in

255

00:11:51,120 --> 00:11:56,629

channel 4 news

256

00:11:56,639 --> 00:12:00,870

excuse me royce's tv

257

00:12:00,880 --> 00:12:04,150

reuters

258

00:12:04,160 --> 00:12:10,470

okay uh fn tv

259

00:12:10,480 --> 00:12:13,590

bear with us tim

260

00:12:18,790 --> 00:12:16,550

uh hi tim as with james sntv i was just

261

00:12:19,990 --> 00:12:18,800

wondering uh what sort of time you think

262

00:12:21,910 --> 00:12:20,000

you'll be getting sorry if i've missed

263

00:12:26,470 --> 00:12:21,920

that on social media but just curious to

264

00:12:30,069 --> 00:12:28,230

hi james i've been i've been doing my

265

00:12:32,389 --> 00:12:30,079

longer runs at about steady seven and a

266

00:12:33,990 --> 00:12:32,399

half miles per hour and uh i'm quite

267

00:12:36,949 --> 00:12:34,000

confident i'll be able to keep that

268

00:12:38,629 --> 00:12:36,959

going for the whole 26.2 miles so that's

269

00:12:40,870 --> 00:12:38,639

my intention is to do it somewhere

270

00:12:42,550 --> 00:12:40,880

between three and a half to four hours

271

00:12:44,389 --> 00:12:42,560

if i'm feeling really good then i'd like

272

00:12:45,910 --> 00:12:44,399

to try and break three and a half hours

273

00:12:47,509 --> 00:12:45,920

not so good and it might be a little bit

274

00:12:49,910 --> 00:12:47,519

over four but somewhere in that kind of

275

00:12:52,069 --> 00:12:49,920

ballpark and i've got a you know a great

276

00:12:53,750 --> 00:12:52,079

team of people who have been helping me

277

00:12:55,910 --> 00:12:53,760

train for this marathon back at the

278

00:12:57,910 --> 00:12:55,920

european space agency and they're going

279

00:12:59,829 --> 00:12:57,920

to be monitoring me throughout the run

280

00:13:01,670 --> 00:12:59,839

and they'll be helping me with my pace

281

00:13:04,230 --> 00:13:01,680

setting they'll obviously be monitoring

282

00:13:05,750 --> 00:13:04,240

my cardiovascular system as well

283

00:13:15,910 --> 00:13:05,760

and really making sure that everything

284

00:13:19,110 --> 00:13:17,430

we've got many many twitter followers of

285

00:13:20,629 --> 00:13:19,120

the london marathon this year and we've

286

00:13:22,150 --> 00:13:20,639

been asking them to

287

00:13:23,590 --> 00:13:22,160

put questions to you one has been

288

00:13:25,910 --> 00:13:23,600

selected which is going to be read out

289

00:13:27,829 --> 00:13:25,920

by alison hamlet allison

290

00:13:29,829 --> 00:13:27,839

hi tim allison here

291

00:13:31,670 --> 00:13:29,839

our twitter followers would like to know

292

00:13:33,430 --> 00:13:31,680

what you're going to have for breakfast

293

00:13:38,629 --> 00:13:33,440

before you take on the digital virgin

294

00:13:42,550 --> 00:13:40,470

hi allison a good question and you know

295

00:13:44,069 --> 00:13:42,560

i haven't really decided but i do need

296

00:13:45,829 --> 00:13:44,079

to decide quite soon because our

297

00:13:47,670 --> 00:13:45,839

breakfast tends to run out quite quickly

298

00:13:49,430 --> 00:13:47,680

so i might need to go in there and and

299

00:13:51,430 --> 00:13:49,440

kind of take the packets out and reserve

300

00:13:53,590 --> 00:13:51,440

them for sunday morning but maybe

301
00:13:55,670 --> 00:13:53,600
some baked beans sausage and egg fairly

302
00:13:58,150 --> 00:13:55,680
early on you certainly don't want to be

303
00:13:59,670 --> 00:13:58,160
running up here on uh a full stomach it

304
00:14:01,829 --> 00:13:59,680
needs to be at least two to three hours

305
00:14:03,670 --> 00:14:01,839
after you've eaten of course food in in

306
00:14:05,430 --> 00:14:03,680
microgravity it doesn't settle very well

307
00:14:07,509 --> 00:14:05,440
it just stays floating around in your

308
00:14:17,910 --> 00:14:07,519
stomach so i'll have an early breakfast

309
00:14:17,920 --> 00:14:25,590
uh associated press

310
00:14:30,069 --> 00:14:28,310
hi tim rob harrison the associated press

311
00:14:32,550 --> 00:14:30,079
how important has sport been to you

312
00:14:34,870 --> 00:14:32,560
while up there both in staying in touch

313
00:14:37,509 --> 00:14:34,880

with the the real world or the the world

314

00:14:39,750 --> 00:14:37,519

below you and to communicate and to

315

00:14:41,750 --> 00:14:39,760

engage with your colleagues up there i

316

00:14:44,310 --> 00:14:41,760

suppose apart from on monday watching

317

00:14:49,030 --> 00:14:44,320

those four goals go in against them

318

00:14:52,310 --> 00:14:50,710

yeah you know it's been very important

319

00:14:54,550 --> 00:14:52,320

sport in a number of different levels in

320

00:14:56,069 --> 00:14:54,560

terms of personal training you know

321

00:14:58,310 --> 00:14:56,079

working out up here is a great thing to

322

00:15:00,069 --> 00:14:58,320

do at the end of the day we we float

323

00:15:01,829 --> 00:15:00,079

around in all the tasks we do although

324

00:15:04,389 --> 00:15:01,839

we're very very busy up here we're not

325

00:15:05,990 --> 00:15:04,399

doing much physical work or hard hard

326

00:15:08,310 --> 00:15:06,000

work unless it's something like a space

327

00:15:09,670 --> 00:15:08,320

walk of course um so it's nice at the

328

00:15:12,389 --> 00:15:09,680

end of the day to be able to get on the

329

00:15:14,230 --> 00:15:12,399

treadmill to go on to our uh exercise

330

00:15:15,670 --> 00:15:14,240

machine lift weights and do our strength

331

00:15:17,590 --> 00:15:15,680

training and keep ourselves in good

332

00:15:19,189 --> 00:15:17,600

shape it's very good for the sort of

333

00:15:21,509 --> 00:15:19,199

psychological feeling as well as

334

00:15:23,829 --> 00:15:21,519

obviously maintaining our muscles and

335

00:15:25,750 --> 00:15:23,839

our bones for return to earth also i

336

00:15:27,990 --> 00:15:25,760

think it's really good in communicating

337

00:15:29,990 --> 00:15:28,000

to kids about the importance of staying

338

00:15:31,749 --> 00:15:30,000

fit and healthy and we've had a few

339

00:15:33,670 --> 00:15:31,759

really good uh challenges for example

340

00:15:34,949 --> 00:15:33,680

the mission x challenge and the space to

341

00:15:36,949 --> 00:15:34,959

earth challenge which are currently

342

00:15:38,870 --> 00:15:36,959

going on have engaged thousands of

343

00:15:40,949 --> 00:15:38,880

children around the world

344

00:15:43,110 --> 00:15:40,959

in the importance of good nutrition and

345

00:15:44,710 --> 00:15:43,120

in working out and keeping fit so i

346

00:15:46,710 --> 00:15:44,720

think all of these links to sporting

347

00:15:47,990 --> 00:15:46,720

activities and fitness and nutrition

348

00:15:59,670 --> 00:15:48,000

have been really important throughout

349

00:15:59,680 --> 00:16:05,110

um so time is short press association

350

00:16:08,710 --> 00:16:07,110

okay no press association in that case

351

00:16:10,710 --> 00:16:08,720

tim i'm going to open it up to the room

352

00:16:11,829 --> 00:16:10,720

we've got about 80 or 90 people in the

353

00:16:14,310 --> 00:16:11,839

room and we're trying to make these

354

00:16:18,069 --> 00:16:14,320

questions very concise uh any raised

355

00:16:20,550 --> 00:16:19,350

coming up tim

356

00:16:22,389 --> 00:16:20,560

hi tim it's seeing sample on the

357

00:16:24,310 --> 00:16:22,399

guardian here what's been the toughest

358

00:16:28,230 --> 00:16:24,320

part of your training for the marathon

359

00:16:31,749 --> 00:16:29,749

i in the toughest part has been getting

360

00:16:33,269 --> 00:16:31,759

used to this harness system it's not

361

00:16:35,670 --> 00:16:33,279

very comfortable to run in it's like

362

00:16:37,509 --> 00:16:35,680

running with a clumsy rucksack on it

363

00:16:39,829 --> 00:16:37,519

tugs and pulls in different uh

364

00:16:41,749 --> 00:16:39,839

directions and it causes chafing around

365

00:16:44,069 --> 00:16:41,759

the hips and around the shoulders i've

366

00:16:45,590 --> 00:16:44,079

got i've kind of worn it in now and i've

367

00:16:46,870 --> 00:16:45,600

got used to it and i've got it into a

368

00:16:48,470 --> 00:16:46,880

position where i'm happy to run the

369

00:16:59,590 --> 00:16:48,480

marathon on sunday but that's been quite

370

00:17:03,829 --> 00:17:01,990

yes chris

371

00:17:05,669 --> 00:17:03,839

hi there chris dennis from bbc radio

372

00:17:07,990 --> 00:17:05,679

here uh we all know that refueling

373

00:17:10,069 --> 00:17:08,000

taking on board liquid and possibly food

374

00:17:11,350 --> 00:17:10,079

during a marathon is so important

375

00:17:15,829 --> 00:17:11,360

how on earth are you going to take on

376

00:17:20,390 --> 00:17:17,590

that's a good point chris i've got a few

377

00:17:22,390 --> 00:17:20,400

energy gels um that i i sent up and i'll

378

00:17:24,069 --> 00:17:22,400

i'll be taking those and of course i'll

379

00:17:25,990 --> 00:17:24,079

have plenty of these things which i'm

380

00:17:29,110 --> 00:17:26,000

gonna velcro next to me just drinking

381

00:17:30,789 --> 00:17:29,120

water pouches out of a straw um and so

382

00:17:40,950 --> 00:17:30,799

that will help me keep me going

383

00:17:40,960 --> 00:17:45,270

yes mark

384

00:17:48,310 --> 00:17:46,789

mark but the bbc statistics you

385

00:17:49,990 --> 00:17:48,320

mentioned you'd run a marathon before

386

00:17:55,430 --> 00:17:50,000

how many marathons have you run before

387

00:18:00,310 --> 00:17:57,350

that was the only time i ran a marathon

388

00:18:02,070 --> 00:18:00,320

before in 1999 and i i did in about

389

00:18:05,110 --> 00:18:02,080

three hours just over three hours 15

390

00:18:06,710 --> 00:18:05,120

minutes um i i've always enjoyed running

391

00:18:09,270 --> 00:18:06,720

though all my life i've always enjoyed

392

00:18:10,870 --> 00:18:09,280

long distance running um but probably

393

00:18:13,510 --> 00:18:10,880

not marathon distance i like kind of

394

00:18:14,950 --> 00:18:13,520

half marathon distance i run a 10k you

395

00:18:16,310 --> 00:18:14,960

know at least two times a week if not

396

00:18:25,990 --> 00:18:16,320

three times a week normally that's my

397

00:18:29,750 --> 00:18:27,270

okay tim i'm afraid it's going to have

398

00:18:31,510 --> 00:18:29,760

to be the last question

399

00:18:33,270 --> 00:18:31,520

hi tim it's tom clark again here from

400

00:18:35,350 --> 00:18:33,280

channel 4 news

401
00:18:37,430 --> 00:18:35,360
iss missions are all about science are

402
00:18:39,669 --> 00:18:37,440
we going to learn anything is it answer

403
00:18:41,350 --> 00:18:39,679
any scientific questions your marathon

404
00:18:43,750 --> 00:18:41,360
will that contribute to

405
00:18:49,270 --> 00:18:43,760
new missions like those taking men to

406
00:18:53,110 --> 00:18:51,350
well we're not doing any specific

407
00:18:54,070 --> 00:18:53,120
science connected to the marathon of

408
00:18:56,710 --> 00:18:54,080
course

409
00:18:58,950 --> 00:18:56,720
our physiological state though is very

410
00:19:01,350 --> 00:18:58,960
carefully monitored before flight during

411
00:19:03,909 --> 00:19:01,360
flight and after flight and the training

412
00:19:05,830 --> 00:19:03,919
that i've been doing for the marathon

413
00:19:07,430 --> 00:19:05,840

will actually contribute obviously to my

414

00:19:09,669 --> 00:19:07,440

physical physiological state for when i

415

00:19:11,590 --> 00:19:09,679

return um so although we're not kind of

416

00:19:13,029 --> 00:19:11,600

gaining any specific science based on

417

00:19:15,110 --> 00:19:13,039

the london marathon of course when i

418

00:19:17,029 --> 00:19:15,120

come back to planet earth and i go

419

00:19:19,110 --> 00:19:17,039

through my rehabilitation and we compare

420

00:19:21,270 --> 00:19:19,120

that to the kind of exercise and the

421

00:19:23,510 --> 00:19:21,280

training that i've been doing versus

422

00:19:25,590 --> 00:19:23,520

other astronauts have been doing we can

423

00:19:28,789 --> 00:19:25,600

always learn things about how to prepare

424

00:19:30,950 --> 00:19:28,799

the body better for space flight and for

425

00:19:33,430 --> 00:19:30,960

coming back to either planet earth or a

426
00:19:35,110 --> 00:19:33,440
mars gravity environment for example so

427
00:19:43,750 --> 00:19:35,120
certainly plenty of very beneficial

428
00:19:47,029 --> 00:19:45,430
tim we have about one minute to go do

429
00:19:49,750 --> 00:19:47,039
you have any particular message for the

430
00:19:51,750 --> 00:19:49,760
uh hashtag team astronaut or the tens of

431
00:19:55,909 --> 00:19:51,760
thousands running on sunday the hashtag

432
00:20:00,630 --> 00:19:58,470
yeah just to say uh you know a huge uh

433
00:20:02,549 --> 00:20:00,640
congratulations to everybody taking part

434
00:20:04,789 --> 00:20:02,559
good luck on sunday

435
00:20:06,070 --> 00:20:04,799
i'm really proud to be running up here

436
00:20:08,149 --> 00:20:06,080
on the digital virgin money london

437
00:20:10,070 --> 00:20:08,159
marathon alongside everybody who will be

438
00:20:11,909 --> 00:20:10,080

back there in london city

439

00:20:14,310 --> 00:20:11,919

hopefully enjoying the sunshine i'll be

440

00:20:16,710 --> 00:20:14,320

watching from up here and thank you to

441

00:20:17,830 --> 00:20:16,720

everybody who supported me i'm you know

442

00:20:19,669 --> 00:20:17,840

really proud to be running for the

443

00:20:21,350 --> 00:20:19,679

prince's trust and thank you to everyone

444

00:20:23,590 --> 00:20:21,360

who's going to be working on a sunday

445

00:20:25,510 --> 00:20:23,600

from the european space agency to help

446

00:20:29,029 --> 00:20:25,520

me run this race and who have supported

447

00:20:36,070 --> 00:20:30,630

station this is houston acr that

448

00:20:40,149 --> 00:20:38,070

thank you european space agency and