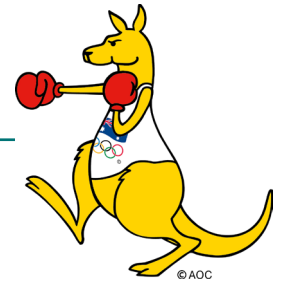


Education Ambassador



Johan T Linde

Johan Linde began his boxing career in 2002 and in only his third fight lost the 2002 junior U/91kg Australian title by 2 points. Linde went on to become the South Australian heavyweight champion in 2003.

On the completion of two university degrees in Accounting and Economics, Linde took up training again in 2008 and returned to the ring for his first fight in 6 years in 2010 to deal with unfinished business.

He made his Olympic debut in London 2012, competing in the +91kg super heavyweight division.

Age: 31

Sport: Boxing

Games competed in: 2012 London

Where do you live: Adelaide, SA

Home town: Adelaide



What sports did you compete in at school?: Football, soccer, cricket, basketball, hockey, rugby

What was a typical training day?: Morning session i.e. 6pm for 1 hour (running, S&C or skills work), afternoon session i.e. 4pm for 2 hours (boxing, sparring, skills work), long warm-up before (15 minutes) and stretching afterwards (15 minutes). Sometimes I do a midday session (skills work only) as well.

What is your earliest memory of the Olympic Games?: Watching the diving in the 1992 Barcelona Olympic Games with the city as the backdrop

Favourite non-sporting past time: Reading

What is your favourite food?: Pasta

What is your favourite memory from school?: Playing sport early in the morning before school started

Try a lot of different things, like different sports, musical instruments, books, everything you can to see what you are interested in and good at.

Social Media:

Twitter? @JohanTLinde

Instagram? JohanTLinde

Facebook? Johan T Linde