

'I was lazy'

Former World fastest man Asafa Powell admits he may have been lazy in the past, as it relates to his preparation for major Games, but hopes that a recent change in attitude will lead to the individual success he desperately craves.

Powell will open his season today at the US Open Track & Field meet at the Madison Square Garden, competing in the men's 50 metres event, not only an event which he is competing in for the first time, but also the first time in eight years he will be competing indoors.

"Over the years I've been kind of lazy, thinking my talent alone can do it," Powell told the Associated Press on Thursday. "This year, I'm trying something new."

Powell's something new is said to be a new and improved attitude towards training, which he admits he has not given 100 percent to in the past, not only due to laziness, but also a fear of injury.

"I tried to push myself to the limit, got injuries, and kind of just backed off a bit," Powell explained.

"Said to myself, 'Maybe the harder I train, the more injuries I get.'"

But, the former world record holder will also be one of the first to admit that time may be just be running out on his chance to secure that elusive major Games gold medal. Powell's journey has included a fifth place finish at the 2004 Olympics, a third place finish at the 2007 World Championships, a fifth place finish at the 2008 Beijing Olympics, another third place finish at the Berlin World Championships and missing the Daegu World Championships due to a hamstring injury.

Powell had been in excellent form heading into the 2011 Championships, but after being forced to pull out only weeks ahead of the games, saw compatriot Yohan Blake take 100m gold after World's fastest man Usain Bolt false started in the final. Powell knows that it could have been his moment.

"Maybe if I was there, things would have been different," he said.

The 29-year-old sprinter, however, has high hopes that things may yet work out differently, with his new approach, heading into what he expects to be his last Olympic Games in London later this year.

"My age is moving as fast as me," Powell said.

"I've been doing something for many years and it's not working," he said.