

# Hero Dubai Desert Classic

Friday, 27 January, 2023

Dubai, UAE

Majlis Course at Emirates Golf Club



A Rolex Series Event



## Victor Perez

### Press Conference

**Q. Keeping up the great momentum and form from last week's performance. Overall, how are the confidence levels right now?**

VICTOR PEREZ: Really good. Obviously I was playing well going into the week but it's never easy because obviously there's maybe a bit more expectation. You haven't got maybe as good of a preparation as you're used to because I had a few things to do at the start of the week which I wasn't used to, but I'll take it. Yeah, really happy with the start.

**Q. And Tuesday, you said that you were relatively tired. Recovery is obviously a massive part of being a professional athlete. Can you give us insight into what that looks like?**

VICTOR PEREZ: Yeah, well, this afternoon, I'll probably just try to do a little session, try to get some movement in and get some strength and try to re-energize the body a little bit.

We are very fortunate on tour to have the physios have put an ice bath for us, and the guys have really started to use that a lot more; all the NormaTecs that are available for every player to use, which is great. It's a little routine you have. Just like a warmup, it's a bit of a warm-down, and hopefully just allows you to recover as best as you can because it's going to be a long week, probably some 36 holes coming up on Saturday and Sunday.

**Q. How do you mentally prepare yourself when you know you have a long day ahead potentially tomorrow?**

VICTOR PEREZ: On that side it's more food and hydration. It's very difficult I think for most guys to eat on the course and you have to have trial and error and see what you like, see what makes you as steady as possible.

But yeah, I think the hydration and the nutrition are key on those days because you can be out there for ten hours. I think some of the afternoon guys today that didn't play

yesterday are going to be out, play probably 30 holes or 35 holes. We had a 30-minute break to just grab something, and you want to make sure you're not jamming yourself with a bunch of sugar or anything that might make you be a bit more up and down. All these little things add up, and hopefully I'll get them right.

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