

“It isn’t a sprint, it’s a marathon”

13/04/2026 Speaking ahead of her opening match at the Porsche Tennis Grand Prix, Iga Swiatek talked about the first weeks working with her new coach Francisco Roig, her restart after a difficult phase and the inspiring days at the Rafa Nadal Academy. The two-time Stuttgart winner and current world No. 4 made it quite clear that, for her, the main thing is not a quick fix but a sustained development process.

Iga Swiatek is entering the clay court season with a changed perspective. After weeks in which, in her estimation, her expectations were too high for the level she was presenting on court, she consciously pressed the reset button. The time in Poland helped her to rethink and to return to practicing on clay with a clear head.

The focus was on the cooperation with her new coach Francisco Roig. She said she has already seen some positive changes on the practice court. At the same time, the Pole stressed that such adjustments take time. “It’s not a sprint, it’s a marathon,” said the Pole who now wants to concentrate on making improvements in practice and then introducing them step for step in matches, and to not to prematurely put herself under pressure.

New coach, clear process

Talking about her team, Swiatek made it clear that changing the coach was not a general upheaval. The remaining trusted persons around her will stay at her side. It is far more about generating new impulses in an important position without altering proven processes. In a phase in which there was a lot of speculation about her team in Poland, she deliberately left everybody in no doubt as to the situation.

The fact that the first impulses with Francisco Roig have been quickly visible is highly encouraging for her. He quickly recognises technical issues giving her tips on how to improve. It is an important step for Swiatek in order to, after some difficult months, introduce greater stability and consistency in her game.

Inspiration in the Rafa Nadal Academy

A highly important element in her preparation were the days practicing at the Rafa Nadal Academy. Swiatek, who has named Nadal as being her idol for years, initiated the contact herself. For her, it was all the more special that he personally took time to go out on court with her. She describes the impressions on and off court as being inspirational, tennis-wise and personally.

Alongside the special experience, she said the time spent in Mallorca was a big help. The facilities at the Academy and the intensive practice rhythm were exactly what she was looking for. Particularly important for her was, after the time in Poland, finding a systematic way of working and implementing technical improvements.

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