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Heroes of the Day (Tuesday)

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Katie Ledecky (USA) gold medal winner of Woman's 1500m Freestyle and Lilly King (USA) gold medal winner and the new world record holder of Woman's 100m Breaststroke

Katie Ledecky:

"I just knew I had a big night tonight and I could be happy about it. I think compared to two years ago my schedule is different, I was very happy about my 1500m swim, two years ago it was faster, but I felt pretty good, I knew I could do it again. I have not set my goals for 2020 yet. I'll try to qualify for Tokyo, I do not schedule it yet. I have to figure out what I want to do in the next couple of years. I do not feel like it is too much, I enjoy it. We miss Phelps from the team, but we could feel what he brought to the team USA. I do not really count medals, and think about these things."

Lilly King:

"The rivals are there obviously but they always push me. I love having pressure, I love competing, that is why I love this sport. Anytime I get to win, it is always good for me and for the country. After Rio for me, that was the next step, the world record. I think I learnt my lesson last summer regarding my 200m"