

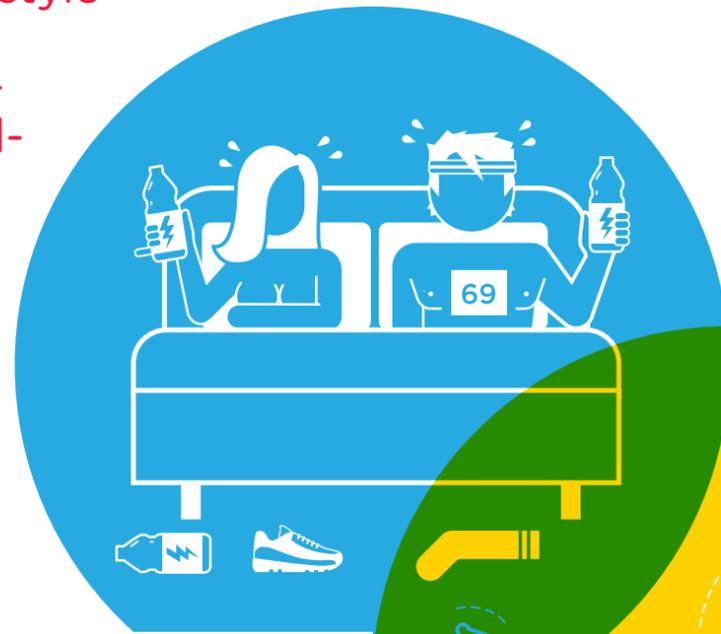
## THE GO-FOR-GOLD

## Sex Olympics

By Emma Anderson

Give your love life a London 2012-style makeover with these athletics-inspired, medal-winning moves

It's winter, the nights are freezing and there's not much to do except cuddle up and watch the Olympics. All that sweating, straining and thrusting for glory... if there's a better analogy for sex we're yet to hear it. So this year, let the Games inspire you to stage your own bedroom version. Start off with an opening ceremony: a sexy dance from you, a striptease from him – or perhaps invite 2000 schoolchildren over to perform a stirring dance routine on your front lawn. Or not. Try these expert tweaks to classic Olympic events for gold-standard sex.

**EVENT Marathon**

Sure, the Usain Bolts of the world are impressive. But 9.58 seconds don't count for much in the sack. In fact, regular sessions of at least two hours are one of the best ways to guarantee a thriving sex life, says Jacqueline Hellyer, *WH* sex expert. "The key to prolonged lovemaking is not to approach it like our standard sex model: kiss, fondle, oral and then shag away 'til he comes," she says. "Instead, try a bit of this and that and have lots of little crescendos. Start by having a chat, then try games or reading erotica aloud to each other."

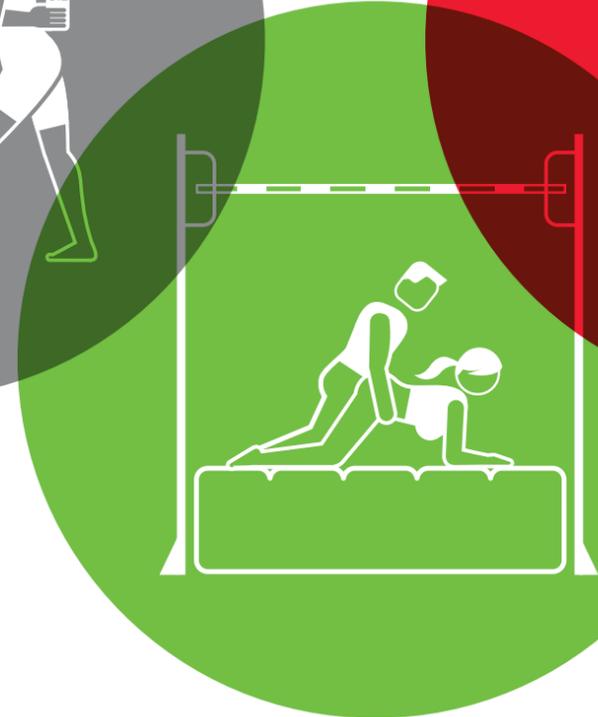
**YOUR VERSION** For marathon sex Hellyer says any position is fine – you just need to set the right pace. "Slow right down. When he is erect, try putting his penis in your vagina and not moving for a couple of minutes. At first it feels like nothing, but then you wake up your genitals to ecstatic sensations." To keep your energy up, sex coach Pauline Ryeland suggests having sensual foods on hand like strawberries, mango and dark chocolate. Or you could keep it real and have plastic cups of Gatorade. Whatever you're into.

**EVENT Butterfly**

Sex can be a lot like swimming. You've got your go-to strokes of breaststroke and freestyle – and backstroke if you're feeling lazy. But butterfly? Too hard! But just as butterfly will challenge new muscles, changing up your sex routine delivers new sensations. "Say, 'Hey, let's do it on the kitchen table instead of the bed,'" says Hellyer. Or the bath tub. New positions don't have to involve contortionism or thighs of steel. **YOUR VERSION** "To turn freestyle into butterfly – if freestyle is missionary – shove pillows under your back so your bum's up higher and your partner can hold you by the buttocks," she says. "This lets him get into the sensitive front part of your vagina. If you're flexible, put your head over the end of the bed with your shoulders on the floor, like a shoulderstand."

**EVENT Greco-Roman wrestling**

"Competition raises testosterone levels in both men and women, increasing arousal and response," says Dr Sharon Moalem, author of *How Sex Works* (Harper Perennial). And while Scrabble might do the job, having a tussle with each other works even better because physical contact, like spanking, increases your bond, according to researchers at Northern Illinois University, US. **YOUR VERSION** Channel Greco-Roman wrestling – where you can only use the top half of your body. "Do it naked and put oil all over your bodies to make it slippery," says Hellyer. "Give him some disadvantages by tying his hands behind his back or giving yourself an extra tool like a suede whip. Hey, no one need know..."

**EVENT Pole vault**

Sometimes even the best run-up can result in a disappointing flop. But there are ways to guarantee you'll soar into the heights of orgasmic ecstasy, no matter how high you aim. **YOUR VERSION** Boost your chance of crossing the finish line with medal-worthy doggie style. "When you're on all fours and he's thrusting from behind, his penis should naturally find your G-spot," says US sex therapist Lori Buckley. Sweet. Have him stimulate your clitoris at the same time and you might even score Oh-lympic gold: the blended orgasm. "By simultaneously having your clitoris and G-spot stroked, you mix the unique sensations of each peak into one, resulting in a longer, deeper experience," Cadell says. Gold. *wh*

**EVENT Synchronised diving**

Couples who can reach simultaneous orgasms are more satisfied with their relationships, according to a not-altogether-surprising study in the *Journal of Sexual Medicine*. What is surprising is this can also boost your mental health. While a synchronised finale is a tricky feat, the right position can make it easier, says Dr Ava Cadell, author of *The Sexy Little Book of Sex Games* (amazon.com). **YOUR VERSION** "Try the 69 sideways, where you lie down on your side, heads between each others' legs," she says. "Combine licking with the flat of your tongue to cover as much territory as possible to tracing a path along every nook and cranny with the tip of your tongue." We'd say that's a winner.

## LESSONS FROM OLYMPIC LORE

A timeline of inspiring achievements that we can all learn from

1904

**ST LOUIS**  
Gymnast George Eyser won six medals in one day. What was even more impressive: he had a wooden leg. **The take-home** It's not what you've got – it's what you do with it.

1904

**ST LOUIS**  
Marathon winner Fred Lorz was stripped of his medal when it was found he'd done 18 of the 42 kilometres in, ahem, a car. **The take-home** Men will try shortcuts. Don't let them be lazy.

1936

**BERLIN**  
Black athlete Jesse Owens screwed over Hitler's hopes of an "Aryan master race" by winning four gold. **Ha. The take-home** Laugh in the face of anyone who says you must look a certain way to do well.

1964

**TOKYO**  
Dawn Fraser celebrated her third consecutive gold for the 100 metres freestyle... by nicking a flag from the Imperial Palace. **The take-home** It's all about having fun – just don't get caught.

1972

**MUNICH**  
In the last kilometre of the marathon, prankster Norbert Sudhaus nipped out from the crowd and legged it over the finish line first. **The take-home** Men will try short... oh, you get it.

2000

**SYDNEY**  
She'd lit the torch, carrying the hopes of a nation to win the 400 metres. The pressure was on, but Cathy Freeman – in a futuristic bodysuit – nailed it. **The take-home** A fancy outfit never goes amiss.

ILLUSTRATIONS: HEADCASE DESIGN.