

ST: I have done, I am right now actually coaching cross-country...

AD: Got it. Did you read up on cross-country coaching at all.

ST: Yes, A lot of reading. I do wanna go into a little bit knowledgeable about the means, times, this is middle school by the way, so... Yeah definitely I bought online journals and in some online work out plans from other cross-country coaches like there is like cross-country.org like some sort of like national cross-country associations, you know. Definitely did that so it will be more than a correct way of learning it rather than, ooh boy think they should happens. So definitely did that more online reading than books.

AD: So how did you learn to do that. How did you learn to know what the good place to look and what's not, and even to go to look online to read stuff about coaching cross-country?

ST: To separate facts and opinions, I would like to say honestly I look for .org .edu college websites. If its a collegiate source or from the actual coach or reviews from players, teams or runners and thats when I take into account to see the author and what the domain is. What domain is for [inaudible] called for technology. I prefer not to use like how I run forum, blogspots. I prefer not because I feel like if you rely on those you gonna get to injuries, so I break from those.

AD: Got it. So did you, did you sort of come into that yourself, was there kines class where they talked about that or you had a coach who talked about where they went?

ST: Ummh, I have had a coach talk about before in high school. She was not fond of books because she felt like it was a waste of money to buy books on sports. Which I was definitely not knocked into my heard to, so she was into more online preserve more sources for less money. Like, how did you know its factual. I think I did ask her that because she was coaching soccer. That was mean but I didn't want someone that is knowledgeable. She started telling me look for college sites, and that's how it kind of like get into my, create in my mind for looking for that. There is reason why there are college coaches, colleges' teams, that's why, so.

AD: The next question has to do with writing, and again writing I really mean broad. Do you track anything? Do you have a fitness journal? Do you use map my fitness, or map my run or any? Do have a way of lock down on some of this stuff?

ST: I bounce depending on what kind of workouts I am doing. Running, map my run, I do actually use that, and I thoroughly enjoy because I like looking at more the way I run, where I run, instead of how fast I run.

AD: Do you ever compete with the other people? Have you ever figured how to do that?

ST: No, they run way too fast. (AD: Ok) I look at it now, and I am just like, ooh a feel worse now, I felt so good, but I feel bad. (Laughs) But I do try to find them, whenever they are running and post workouts I do run into them. That's the tracking I do of running but otherwise in terms of weights or uumh. I used to do a lot of weight lifting, in terms of all that more stationary stuff, I write that in the journal. But it also depends if I am, during the summer I tend to work a lot, Right right right. Very casual, I did 5 ups of this, circuits and this and that, then there comes Fall and Spring and its time for school. Aaaah like every other girl, I will just write it down if I remembered if I did workouts, so.

AD: Got it. We do shift with the year. So, so mostly journaling sometimes the map my run ...

ST: Oooh, sorry for interrupting, just got, I sometimes bring my personal marker with me. Sometimes when I work out and some of mirrors, and I write on the mirror what I am doing, so I am kind of remember. Just as

like a note to myself, and I really like to. Now if people like to copy too, which I have caught them doing, they do it too so I do that as well.

AD: Now do you take a picture of that or is it just a sort of you remember in the midst of what you are doing?

ST: More, I remember.

AD: Ok, thats a very clever use of technology...

AD: Do you ever go back and re-read those.

ST: The expert writing or any literature

AD: No, the journals or anything

ST: I do, when I feel that I have progressed somehow, physically, emotionally, spiritually but whatever the case may be. If I feel better or I got to my goal, I want to see how I got to there so I could help others within my field or who I meet because I know couple of my friends wanna lose weight, broke up whatever the case may be, or play soccer. I go back to her and say, Hey it worked for me, it might not work for you, but lets try it. So I attempt to foot back to it.

AD: Do you write anything other than like ups and stuff, do you write like how you felt or

ST: How I felt, what I ate, how much water I drink. If I slack off on the how I felt and how I ate, I always write on how much water I drink. I attempt to carry a bottle of water around and I keep forgetting mine...

AD: Aah Ok, you actually jot down more of this stuff and you always track your work. Interesting. How did you learn to do any of that? So like is there somebody who said you should check your running on map run or.

ST: I got lazy in trying to drive around the neighborhood because that's when I really started running outside. I got lazy in trying to remember where I went and to know how far I went, and I would drive the distance and calculate it, and I am like I am like ok, I run 30, 50 miles, and just did that. I just started getting curious, going on the app store to see what they have. That's honestly like, no other guidance was, other than google.

AD: Google is guidance. What about the actual journaling in the journal?

ST: Yes, good question. I learned that 9th grade in high school.

AD: Teacher or coach

ST: It was actually a coach that was teaching athletics... And the assignment we had to do corresponds to health classes, everyone had to take home. So once we worked out in our athletic class, we would record that and through out the day, the next day we write down what we ate. SO it started making sense to me because I realized that if I only eat this much food, I will not have enough energy nor to do these hard workouts, but if I make sure that I eat enough by flipping back and knowing what I can do to have too much energy, that's how they really ingrained in us being in high school.