



Track & Field

Anna Calungcagin is a P.H.E teacher at Dwight School. She is one of the Track and Field coaches. For the last trimester I was in the Track and Field team and she was teaching me many techniques and ways to make your running more enjoyable. She also taught me how to pace myself. I always liked to do races against my friends but I never was on a team before. She teaches me things that I like to learn, we have a common interest.

Where did your passion for running come from? Parents/friends/coaches?

Probably from my parents. We played a lot of sports growing up, my siblings and I. A lot of the sports that we played involved running. We played a lot of tennis and basketball.

When did you start to run? Did you run in high school/college?

I ran a lot in high school and then even more in college, and now, as an adult I enjoy it more so I do it on my own.

How many times per week do you train?

Four to Five days a week. At least 45 minutes of running each time that I exercise, sometimes more. It depends on what race I'm training for.

Do you like to run with other people or alone?

I prefer running alone when I'm working on my speed but when I'm just exercising for an easy workout, then I enjoy company.

Are you part of a training club, do you have a private coach, or do you train on your own?

I train on my own.

Do you have a special diet?

Not really, I try to eat a lot of fruit and vegetable. I don't really eat meat. I'm not a vegetarian. I also like to drink a lot of water.



Do you take any nutritional supplements?

Yes, multivitamins.

Do you need to sleep a lot before races? What happens if you don't sleep enough?

If I don't sleep enough, during the race, my body gets tired more easily. I also don't recover as fast if I don't get enough sleep. But if I do get enough sleep, eat well, and drink, the workout doesn't seem that hard and the race actually feels good rather than feeling terrible.

Do you like to listen to music when you run? What type? Why or why not?

I do. I like to listen to music when I'm training because anything with fast paced, fast speed helps me keep my mind off of the hard work. But during a race I actually don't listen to music.

Before races do you have a concentration process?

I stretch all the time and that helps me get focus. I do a Dynamic warm up and it helps me focus.