



This newsletter is brought to you by a healing groin, dead mosquitoes, and Tates. If you enjoy it, I'd be grateful if you could share with one or two others!

## Podcasts

Podcasts are booming right now, and there are just so many choices when it comes to sports and exercise podcasts. Here are some of my favorites (whoops, didn't realize I had so many... not sure this will really help your decision). Try listening to one during an easy training day!

[The Freerail Podcast](#): trail running news and interviews that really power the sport.

[Some Work, All Play](#): humor, authenticity, and training tips for runners.

[Singletrack](#): news and interviews with runners and support staff, focused on ultras.

[The Rich Roll Podcast](#): interviews with leaders in many aspects of life including professional athletes.

[KoopCast](#): training, nutrition, and news in ultramarathon.

[The Triathlon Hour](#): all things triathlon.

[Inside Exercise](#): physiology and pathophysiology behind endurance exercise.

[Steady State Podcast](#): interviews with rowers, coaches, and coxswains.

[Your Diet Sucks](#): nutritionists talk about nutrition, and are funny.

[Sports Psychology Coaching](#): tips and tricks of sports psychology.

[Finding Mastery](#): interviews with professional athletes and leaders with a focus on the mental game.

[The Foot & Ankle Project](#): all about foot and ankle diagnoses and management.

[The E3Rehab Podcast](#): rehab, performance, and injury prevention.

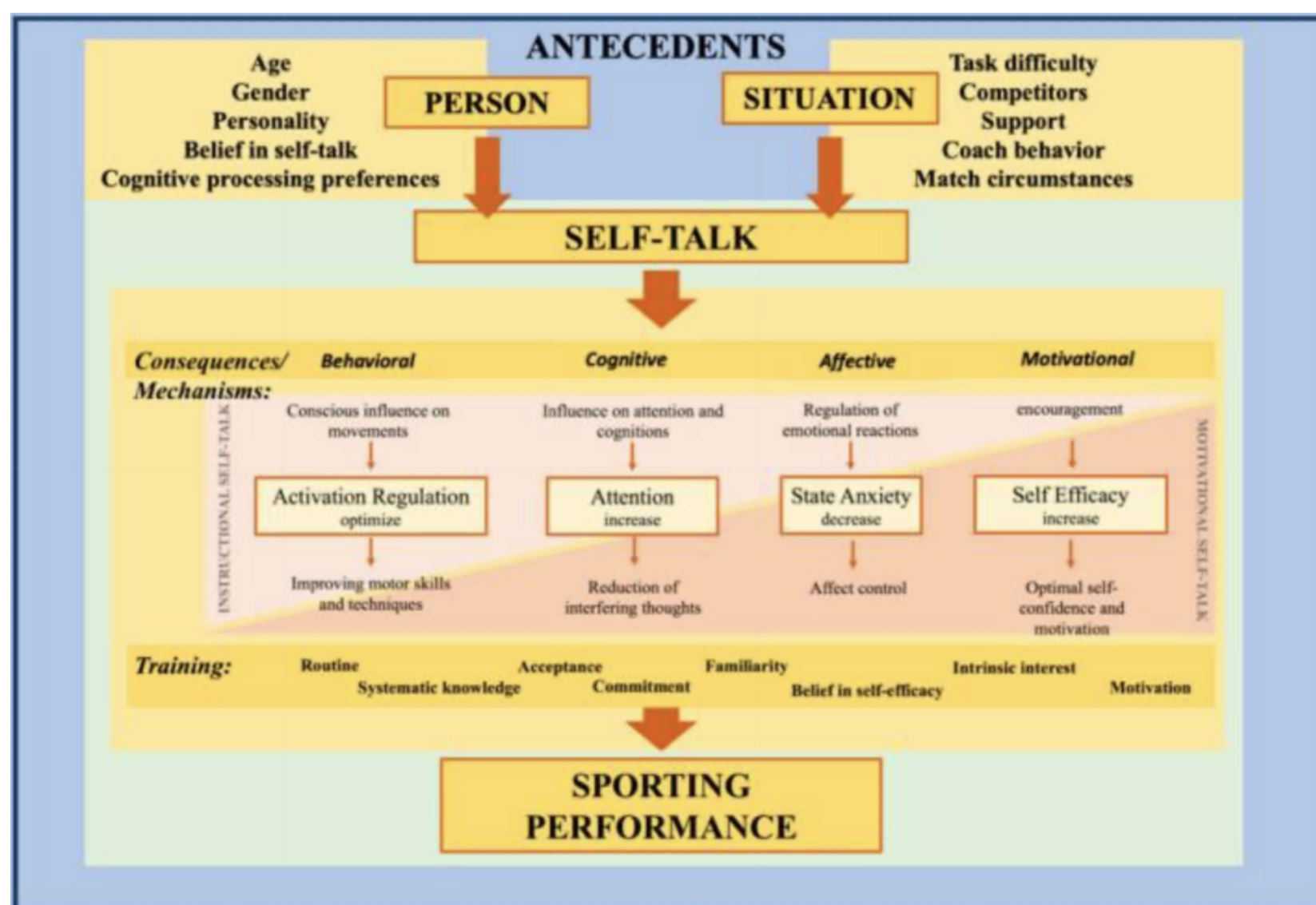
[The Climate of Sport](#): the intersection of climate and sport.

## Coaching snapshot: self-talk!

*There isn't really a question here. This is mostly an ode to the importance of recognizing existing self-talk and intervening with more effective self-talk. The brain's a muscle too.*

The premise of cognitive behavioral therapy is that thoughts influence feelings which influence behaviors. I'll assign a similar process to self-talk: effective self-talk thoughts induce feelings of confidence, preparedness, focus, and self-efficacy, among other things, which improve behaviors such as technique and effort, and ultimately improve performance. You can deduce what ineffective (think: negative, doubtful, unfocused) self-talk leads to.

Below is a framework presented in a [2019 interventional study](#) in *Sports* (Basel) that looked at a self-talk intervention in junior athletes. Antecedents (context) feed into sporting performance. Self talk can modulate performance through a few different interventions that have different mechanisms: behavioral (instructional), cognitive (attention, decision-making), affective (emotional), and motivational (encouragement).



There are a number of [challenges](#) in studying and evaluating self-talk, and this [2011 meta-analysis](#) in *Perspectives on Psychological Science* gets into some of the nuance. For example, one type of self-talk may be more effective for fine vs gross motor tasks and new vs learned tasks. In addition, self-talk training frequency and duration can matter -- this stuff takes practice!

To develop your own effective self-talk, try answering the following prompts:

1. What self-talk have I had in the past? E.g. "Not sure I can do it"
2. How do I optimize movement? E.g. "Push with the hips"
3. How do I improve my attention? E.g. "See the target"
4. How do I regulate my emotions? E.g. "I feel good"
5. How do I modify my motivation? E.g. "I can do it"

What questions do you have about training and racing? Reply to this newsletter or [email me](#), and I'll answer one next week!

**Let your friends know that I'm taking more athletes! I'm looking to work with runners and triathletes and depend on you to help spread the word :) Send them to my [website](#) to submit an inquiry or just pass along my email. Thank you so so much!**



## Soda bread!

It's getting into that time of year when I just want something hearty and warm for breakfast. Soda bread is one of my go-tos because it is simple and quick to make!

Ingredients: 3 1/2 cups Irish wholemeal flour (I like Odlums), 1 1/4 cups all purpose flour, 1/2 cup (optional) wheat bran, 2 cups buttermilk (or milk with some lemon juice), 1 tsp baking soda, 2 tsp salt.

Mix together all ingredients. Shape into a lump. Can score the top. Bake at 400F for 40-45 minutes. Enjoy!

[Full recipe here!](#)

## Order pickup or delivery!

[Order online](#) 24 hours in advance for pickup. Remember, I also do pickup or delivery at spots determined by you! For updates, make sure to follow me on Instagram [@coach\\_serena326](#). For questions, feel free to email me by responding to this email!

