

space is important.

space is important, but not always for the reasons we think it is.

we apply the pressure to ourselves.

i have been in SLC since saturday night, i have lost 4 pounds, taken a recovery shower every day, as well as 15-30 minutes with a foam roller, plus a walk of at least 2 miles. spare time is usually spent with the lore of running, or re-reading seminar notes/notebooks and today is focused on drawing up 3 month plans for myself and some of my athletes.

the space makes this easy. the knowledge, the dedication of the people i have a chance to work with this week makes it easy to step up my game, to act ideally.

training with people who are better than you has its way of pulling you up, pulling you along on your own path. being surrounded with dedicated individuals makes it easier to pursue your own goals, even without any sort of encouragement. water seeks its own level.

it is true i lack distractions here, but the recovery work, the food, the logs, hydration, these are not difficult or time consuming. this is not something special. i am grateful for the knowledge i have received already - and still have more to do - but more than that i hope i can bring back the feeling of responsibility and focus. the pressure.

we do it to ourselves. we drive ourselves.

the test is if we can hold on, exert that pressure when no one is watching. improve.

time will tell.