

An interview with Shawn Johnson

How often do you think professional athletes practice?



Get a sneak peek inside the life of this U.S. gold medal-winning Olympic gymnast!



Where are you from?

Des Moines, Iowa. I live there now.

Who do you train with?

A lot of people think I have a private coach. But I train with 13 other girls at the gym!

How often do you practice?

Most athletes train about 45 hours a week. But my parents want me to have a "normal life." I train about 25 hours a week. I usually work out four hours a day during the week, and five to six hours on Saturdays. I don't practice on Sundays.

What do you eat to stay healthy?

I have to watch my diet to be a healthy gymnast. But I don't get stressed about it.

What are your favorite foods?

Chicken and steak kebabs, peaches and cream, and corn on the cob.

What do you do when you're not training?

I love to ride horses and spend time with my friends.

What do you do for good luck?

I always travel with my blankets. But I don't believe in good-luck charms!

Who are your biggest fans?

My mom, dad, and of course my coach!

A Read the interview. Then check (✓) the correct answers to the questions.

1. Who does Shawn train with?
 a. just her coach b. other gymnasts
2. How often does she practice?
 a. 25 hours a week b. 45 hours a week
3. How much does she train on Saturdays?
 a. four hours b. five to six hours
4. What does she like to do in her free time?
 a. eat in restaurants b. ride horses and be with friends
5. What does she travel with?
 a. a good-luck charm b. her blankets