

The ROAD TO THE COLUMBUS MARATHON

August 13, 2008 -- Journal Entry #9

Well folks, its been a little while once again since the last entry. The realities of life and especially work seem to have gotten in the way of my training. Little projects like the 2008 Lady Distance Classic, etc.

I know that it really shouldn't be an excuse -- work that is -- for not getting regular workouts in (or really any workouts in for that matter). But, this is the one that I am going to use (at least for this week).

Believe me, I've preached it for years. When you take time out (even when you are really busy) to exercise you will feel better, sleep better, eat better and of course produce better quality work. Blah, blah, blah!

It is amazing how quickly you can get used to not exercising! It seems to only really take days. And then the reality of the 5 pizzas that I shared with Katie (who also works at Fleet Feet) the week of the Lady Distance Classic along with the reality of November not really being that far away set in.

So, I charged the Garmin Saturday night, laid out my clothes (to make sure I matched of course) and then stayed up really late watching the Olympics. The staying up late part worked okay because my lovely husband was about 1 1/2 hours late coming home from his workout (hmm..that's probably never happened to any of you?).

I headed out the door around 11:00 a.m. on Sunday morning. It turned out to be a beautiful day so I didn't have to suffer the height of the heat at high noon. But, suffer isn't a bad word to describe at least part of the run. Each step reminded me once again about why it's important to train consistently. It also reminded me why one workout a week just doesn't cut it. I muddled my way through it though and once again managed to get over the mountain of starting over again (a smaller mountain this time much to my relief).

I've quickly gotten back into the routine and have every intention -- of course -- to stick to the plan for the rest of the weeks that I have leading into the Columbus Marathon. Since I am accountable to thousands of people right now, I know that I am going to stay on the straight and narrow road going forward!

So, I'll see you out there and don't worry, I'll be reporting back in a few weeks or so...