

Want to know how I did it?

I started casually running in Mid May 2012, never a runner in my life and not even really enjoying running. Yet I felt it was time to challenge myself and my fitness level being a crosstrainer to see if it really is doable to transfer my fitness abilities/skills to running and complete a FULL marathon with no previous running experience.

I have never run a half marathon or even a 10km race in my life. I only ran my first 5km race in August 2012 to see what it felt like.

I still had the goal of crossing the finish line for a FULL marathon with only 4 months of running training. As the training distance got longer with the Running Room program, I began experiencing new aches and excruciating pain in my left leg.

I used the services of a Chiropractor and a Massage Therapist almost daily to help speed up the recovery process. And I am so grateful that I did!

During the marathon, I felt so strong throughout the majority of the distance I ran, without having my injury flare up. I surprised myself and kept a steady pace just as I was taught!

I was hoping to achieve the finish line in 4hrs and 55min. Well I did complete the Full Marathon in 5hrs and 2min! I am very pleased that I was able to cross that finish line without further injuring my left leg. I did achieve my goal of completing my first FULL Marathon and feel incredibly strong and proud to accept the Finisher's medal!

Thank you so much for all the advice I received from the Running Room Leaders and my running friends for being there for me in my mind, especially when I hit the 37km mark and felt my body was shutting down! I thought about the words that were engrained in my head, "Just one foot in front of the other is all it takes". And even though I was walking backwards to help relieve the pain, I still had it in my head to keep on going. Then I kept hearing another voice that said slow and steady will finish the race. And I did it!!!!

Looking forward to sharing my most rewarding experience with anyone interested in challenging themselves in their fitness and healthy lifestyle goals, and especially runners having a marathon goal!

~ **Nadia B.**



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