

Want to know how I did it?

How many people does it really take to run a full marathon? I discovered the answer when I decided to take on the challenge of running my first marathon without injury. I joined up with the Running Room to begin my journey and discovered that I needed to get serious about training right in order to meet my goal - a friend at the Running Room told me this based on her experience at Fitness that Fits.

I joined the Bootcamp at Fitness that Fits to get a real jumpstart on my cross training. This was perfect timing because Christmas was right around the corner and I needed something to keep me in line so I would get through the holidays a step ahead instead of two steps behind. The Bootcamp at Fitness that Fits helped me push my body to the limit and gave me muscle strength that improved my endurance in my runs.

After Bootcamp I started the running program at the Running Room and Personal Training with Christine at Fitness that Fits. I learned from trying to do long runs a year ago that in order to avoid injury I needed to cross train and strengthen my core and my hips. Christine gave me exercises to strengthen my core to keep my posture strong through my long runs and my back actually did not ache! I would not have sustained my training regiment without help from both my massage therapist and physiotherapist from PIVOT and my personal trainer Christine from Fitness that Fits.

I ran the full Toronto Marathon this year (2012) WITHOUT injury! And to my amazement, I did not even have a back ache during or after the race! My knees were fine, my hips were fine, and I walked to the car when it was all done! Some people may think I should have pushed harder but for me it was about having fun and running with my running partner! I finished the full marathon in 4hrs and 26min coming in 9th for my age category. I am grateful for the support I received from Fitness that Fits, the Running Room, and PIVOT for helping me reach my full marathon goal without injury.

~ Kathleen



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