



Marathon Training Testimonial - Walter W. - Age 52

In October 2010, I decided that I wanted to run in a marathon. I was a 48 year old police officer in reasonable fitness doing some light workouts and running about one and one half miles five times a week. I was eating somewhat healthy but it still included some fast foods and pretty much whatever I wanted to eat. I did have some prior injuries that included having a foot being run over many years ago, and injuries in 2006 for a snowmobile crash that included a separated shoulder, broken radius and ulna bones in my arm that needed to be plated and put back together. I had also injured my shin on my left leg pretty seriously.

In October 2010, I met Laurie Lasseter. I learned that she was a well versed runner who had completed many marathons including Boston, New York, Chicago and many others. I told her that I would like to run in a marathon one day. The first thing she did was to determine my weaknesses and begin a program to strengthen those areas. She next focused on hydration and food choices. She went over what I was eating and drinking and gave substitutions for healthier alternatives. Next was a schedule of running and muscular strength and flexibility training. We met four times a week - she built a varied running program including short runs, longer runs with hill/ramp training for strength and speed, outdoor trail running as well as stair cross training. Within five months I watched my fitness level get better and better. February of 2011 I completed the Hustle up the Hancock which was one of the hardest things I have ever done.

My next event was the Rock and Roll Half Marathon. I was feeling good and pretty bold at the time thinking this is a piece of cake. Well as I was running way too fast one day not following Laurie's program I felt something tear in my ankle (it hurt). I called her and told her what had happened and she knew exactly what I had done. This was only a month away from the Rock and Roll Half Marathon and I was thinking I was done. She knew exactly what to do and switched my program to include strengthening and stretching exercises and low impact cross training for the next few weeks, after that adding back some short runs. I went on to successfully complete the half marathon pain-free. Training then continued with longer runs, continued muscle strength and endurance training and more nutrition tips. In 2011 I went on to complete my first marathon (the Chicago Marathon in 4:48) on a warm fall day. I have since completed four more marathons including Chicago, Berlin and Tokyo. Because of this I have set my sights on doing the remaining three World Marathon Majors. I train very hard with Laurie on hills, ramps, outdoor trail runs and indoor runs. Laurie is always adding new things to the program to strengthen and balance my body and make it healthier, fitter and stronger. She knows how to address your needs when something begins to hurt and correct it before it becomes an issue.

Laurie practices what she teaches and can do everything she asks you to do. You must be straight-forward with her and tell her exactly what starts to hurt or bother you and she will adjust your program to correct it and get you in condition for the race.