

Client: Michelle

I was actually a runner in denial. I started running around the time I turned 40 because I absolutely needed more exercise. I never liked running. It allowed me to eat food that was more fun, drink wine and generally keep the doctor from being upset with me. I dabbled in running a bit for a few years, getting excited when I would run a mile or two. I did a couch-to-5K program through the Dick Pond running store in Lisle (Thanks to them!) which seemed like a huge deal at the time. My running frequency increased and I started training for longer races. Unfortunately, I got injured on a seemingly regular basis. I decided to consult with Laurie after I ran my first half-marathon and ended up in an orthopedic boot for 8 weeks.

Laurie worked with me on a variety of strength training exercises and techniques that allowed me to strengthen all the supporting muscles that are necessary to run without injury. Yes – running is really hard on the body! In addition to the strength training, Laurie developed a program for me to prepare me properly for some races I had set forth as personal goals, including the Waterfall Glen Xtreme 10; a 10 miler that is very hilly and grueling. Additionally, Laurie has a Small-Group Personal Training Program at Edward Health & Fitness on Saturdays called RunSMART which focuses on all the exercises and training needed to run properly without injury. I work out every Saturday with other runners staying fit and injury free.

During the training, I realized I was basically on track to prepare for a marathon. I had always been jealous of those folks who had 26.2 decals and magnets on the back of their car, cursing silently under my breath that they were just nuts. Just out of curiosity, I attended Laurie's Marathon Training preparation seminar. After that, I asked, "Say I might want to do a marathon...not that I am committing to one...How should I prepare for one?" Well, that was the beginning of the summer and the beginning of a training program that Laurie created that I couldn't have even dreamt of doing two years earlier. Every long run scared me to death and I thought I could never run further. Laurie assured me that I should trust my training and I would be OK. Sure enough, the next one would come and I would somehow make it through. There were aches and pains but they were manageable. I made it through all my training runs without major injury. I was probably a complete head case but Laurie got me through every step of the way. I had signed up for the 2015 Fox Valley Marathon. A bucket list item had now become more like a Holy Grail.

On that lovely fall morning, Laurie was there at the start of the race. As always, she was encouraging and had more faith in me than I did in myself. And I did it....it was long, and ugly but I finished. 26.2! I absolutely could not have managed without Laurie's help. And, being the cool coach that she is, Laurie got me the 26.2 magnet for my car. Now people driving can curse at me under their breath and I know they are. ☺

And I guess running is OK now.

