START
Are you running consistently (at least 30 minutes, 3 times per week)?
Not at the moment.
Hell, yeah!
Have you ever followed a consistent running program?
I used to, but it's been a while.
Have you been injured recently?
Nope. This is a new and exciting venture!
I've tried, but the habit never really stuck.
Yes, and I'm still recovering.
Yes, and I'm all healed up!
Nope. I'm healthy as a horse!
Have you been doing any other exercise lately?
Are you currently able to run at an easy pace for 20 minutes?
Are you sure, or are you just saying that because you really, really, really want to run again?
What have you been doing to stay that way?
Not yet, but I hope to soon!
Yes, no problem!
No
Yes
I can, with one or two walk breaks.
What kind?
Sigh. You caught me.
No, really, I'm healthy
Pretty mellow stuff—lots of walking, sometimes Pilates or yoga.
I like intense, sweat-your-face-off workouts, like spin class and CrossFit.
Lots of strength work, foam rolling and listening to my body.
Not much. I've been pretty lucky when it comes to avoiding injuries.
What motivates you to run?
I want to look and feel healthy.
I want that finisher's medal, baby!
How would you like to feel when crossing the finish line of your race?
Have you noticed regular improvements in your training pace?
I love spending time with other runners.
"Not dead" would be nice...
Happy and posing for the cameras.
Like I'm going to throw up on my ankles.
No. I seem to have plateaued.
Yes, and it feels awesome!
What is your race-day strategy?
What went wrong at your last race?
Strategy? I run to have fun, not win the thing.
To pace myself well and finish strong.
I went out way too hard and forgot to fuel.
Nothing I couldn't handle. My training helped prepare me for anything and everything!