

# Bus catcher to marathon runner!

START



“I literally couldn't run for a bus and would always opt to catch the next one rather than exert myself, something which is a bit of a standard joke in my family now!”

## Motivations

Approaching 40, over-weight, inactive, long work commutes to London by car, sedentary lifestyle.

To set a healthy example to my young daughter. Inspired by seeing runners on the local prom. Wanted to pursue exercise that would be free.



“It's now a joke between us that I grumbled when Keith (my Learn to Run instructor) said I had to run for 3 minutes without stopping – something which he reminds me of, whenever the niggling doubts about my ability creeps in”



## Results

- Joined Parkrun ([www.parkrun.co.uk](http://www.parkrun.co.uk)) & Tone Zone (local running club)
- Lost weight - gone down 2 dress sizes
- Made a network of friends, something Nicola didn't have before & that she finds invaluable
- Ran 25 x 10k races, 5 x 10 mile races, 7 x half marathons and 1 Marathon!
- Improved fitness

## Goals

Lose weight, get fit, and lead a more active family life

“As part of my training I gave up alcohol, the driest January in history! So in some ways, another lifestyle improvement brought about from running”



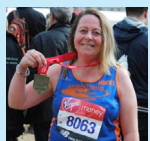
## Feedback on Learn to Run

I found the course to be really well structured and my instructor Keith, was so supportive, recognising that we all were of different ages and abilities but also encouraging us every step of the way. He pushed us a bit further each week to challenge ourselves on what we thought we could achieve, but that is what the course is all about and we were all in it together. Keith encouraged us to try some runs on our own between sessions as the course does require a bit of effort on your own part, but I was happy to have a go and was really starting to feel the “runners high” I heard about. I was sad when the course came to an end and worried a bit about going it alone and whether I would keep it up.

## Marathon success

Nicola ran her first London Marathon (26 miles!) on Sunday 28 April 2019

“I now know that anything is possible if you put your mind to it. If you want something enough and are willing to put your heart and soul into it you can achieve it. The aches and pains are all worth it and as they say toenails are for wimps!”



“The sense of achievement I feel now is unbelievable, I literally can't stop talking about it, I've become a marathon bore! The worst thing is that it's all over and I don't know how I'm ever going to top it”

