8th March 2024

Physio Action

MARATHON BLOG 2

Stephen Kirk (Physio Clinic Manager) is training for the Rob Burrow Leeds marathon



Question: to train with a virus or not?

Preparations have been severely hampered by a virus that has been lingering for over 3 weeks now. It started with him feeling 'under the weather' with low energy + has now developed into a persistent cough. This has limited his running schedule + significantly reduced his mileage.

Time to be sensible + try to rest up!

He's had to go a lot slower + not as far after a week of complete rest.

The road to recovery + fitness is not always a straight one - there will be bumps + it will feel as though you are going backwards at time, but:

- ***Do not panic!*** Stick with your plan. Stephen started his training early so there was some 'give' in his system.
- **Sacrifice** some of the shorter runs to try + get in some slightly longer runs.
- ***Recovery is Key!*** Give your body chance to recover both from any illness + any aches or pains that are inevitably going to appear.
- ***Enjoy the challenge + the process!*** You need to remember why you are doing this. Good things come + rewards are enjoyed following hard work.

The satisfaction of achieving something is amazing + 'yes' sometimes the training is boring + time consuming but do try + enjoy it.
Remember that some people at 45 would love to be able to run a marathon but they can't due to physical or medical reasons.
The fact Stephen can needs to be celebrated + enjoyed!

Longest run: 14 miles

Only 9 weeks to go!



Road to fitness!

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