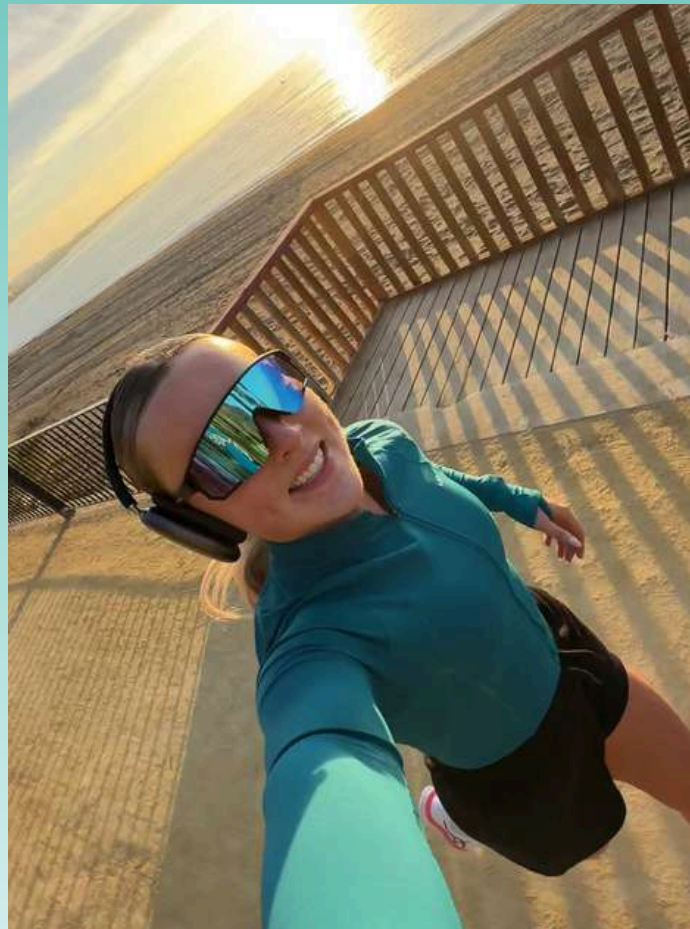

SARAH CATTERSON COACHING

MY RUNNING STORY



STRONG POWERFUL FEMALES
SCC

MY INTRO TO RUNNING

SARAH CATTERSON COACHING

I'm not "a runner" - I always classified myself as someone who could never run longer than a minute. I hated every minute of it and told myself it would just be something I wouldn't be able to do. Due to my mindset this held me back from even trying. I worried about being out of breath, what others thought of me, how I looked when I ran and not being able to finish without walking, stopping or feeling like I couldn't breathe.

Then I realised - its wasn't my body holding me back - it was what I was telling myself.

Rome wasn't built in a day and neither will your ability to run long distances or run at all unless you begin.

You wont be an incredible runner at the start - and that's just something you have to be okay with. The quicker you come to terms with this the quicker you will become the "runner" you've wanted to be for a long time.

Truthfully I never thought of times, paces, distances - I just wanted to build it up as slow as possible - that's when I found my rhythm and love for running.

I was in competition with no one else but myself.

I started my 0- 5km plan that I've made for you all yet I didn't get annoyed if I had to walk a little longer one week, take an extra break one week - because I knew it would compound up.

From the girl who said "I can't run" "I'm not a runner" - Within a year I completed my first half marathon alongside my strength training.

Ever since then I want to help women run while being their strongest self.

That's why I have created **The SCC Running Guide**.

Sarah Catterson



GOAL SETTING

It is **SO** important to set realistic goals.

You may want to run a half marathon and you will! But if you have never completed a 5km - start there. Better yet, if you have never completed 1km - **START THERE.**

I often say this to clients - you cannot lose 10kg without losing 0.5kg first. Start small and build it up over time. If you shoot for the stars too soon you will get frustrated, annoyed and give up meaning you'll never get to 5km never mind a half marathon.



The sooner you pull your goal right back to something that is realistic for you you can then add to it.

Have a realistic time frame - you don't want to drag it out too long that you don't stick to it but you also need to give the body time to build up the fitness.

DON'T COMPARE

Comparing someone else's running journey is like comparing someone else's weight loss journey - pointless. You have a completely different body, lifestyle, responsibilities, fitness, starting point - the list goes on.

Compare to who you were when you started - but never compare to anyone else.

Have compassion with your runs - you won't have a perfect week every week. Life gets in the way and energy can dip at times.



As women, you may find some weeks your strength isn't there due to hormonal changes and your energy isn't what it was the week before - you have to allow this but this is why nutrition will be KEY when running and strength training.

Don't let the harder runs stop you - they will get easier.



SAFETY

If you are running outside make sure to avoid running in the dark on your own. Try and keep runs during the day in well lit areas with people or cars around.

If you are running in the early mornings or the evenings, ask a friend to go with you.

Tell a family member or friend the route you are going on. You can share your location with Find My iPhone so your family or friends can track where you are.



If you are on your own I always keep my music a little lower therefore you can be sure to hear people passing you by or cars.

If you are running when it's darker make sure to wear reflective clothing or a head torch.

DAYS YOU WANT TO QUIT

These will come so be ready for them. You won't be the person to go out for a run and come back with a personal best every time, to enjoy every run, to want to go on every run - that's never going to happen.

One foot in front of the other. This is something I repeat on my runs. When a run is feeling HARD I reduce my expectations and focus on just finishing. One foot in front of the other.

Find what works for you - music, audiobook, podcast, chatting to a friend.

I've had runs where nothing will help but loud music. I've had runs where I listen to a podcast and they fly by as I'm so engrossed. I know people who listen to audiobooks and they enjoy it. I also know people that like to be with their own thoughts and have no headphones - each to their own.



If you are running the same route every single time you will find this hard - it becomes monotonous - try and change your route if you can.

PLAYLIST

I personally have an extremely poor attention span - especially when it comes to music. I find it hard to listen to one song FULLY - these playlists have been my **SAVING GRACE**.

There are so many playlists on Spotify but these have saved many runs and workouts for me as its an hour of remixes.



BIG BOOTIE MIXES - MY FAVOURITE PLAYLISTS

Tip: Make sure to download your playlist before you run in case your internet runs out OR your phone is low on battery.