Em's SCC Rookie Blog – June Update

The k's are racking up and I'm feeling great!

June came and went in the blink of an eye. I open my diary for the week, and leave it open, on the bench in the kitchen, so when I walk past it, I can glance at it to remind me what needs to be done.

I'm just ticking the boxes, planning ahead where I can. Going with the flow. Things I've learnt this past month is that I can find the time if I want to, that a 20minute run is better than none, that a 30km run is sort of feeling pretty normal and not too overwhelming. That I can leave my ego at the door during an event and stick to my plan.

My weekend longs are still my favourite but there is something about ticking off hill repeats, the feeling of the final hill repeat gives me that fist bump satisfaction. I can feel the gains from those hard efforts, feeling stronger on the ups. Hammy is holding up well.

Training is still fun. Seriously, it's true, once you're out the door, its game on. Even have to laugh at the slow long sluggish run with legs that feel like lead. Except it would not be funny on race day.

Was it fun running in the pitch black of the freezing foggy morning on the Warburton Trail? YES. It was also so scary. The sunrise was worth the finger stinging cold. As it was running in the dark at Lysterfield Lake with the gigantic axe murdering like Kangaroos, scaring the shit out of me. So much fun! Was it fun running through the king tide at SCTM, wet shoes for 20k, freaking hilarious. I love it so much.

From here on in is where I am really a rookie, I'm about to dive headfirst into the unknown for me. I haven't run further than 56km. I would usually have a decent recovery period post marathon. I'm interested to see where from here…

June run ventures included some amazing trails and many hours chatting to running buddies.

Weekly recovery and quality sessions on my local track, my local blocky, a lot of it done with my run bud Coreen and finished with well-earned coffee. The track continues to be my nemesis.

Mt Evelyn to Warburton – 35km hit out with my sister. Think pitch black, freezing, and foggy. Even with head torch, visibility was low, until the magnificent sun rose and then blue skies. At one point along the way, we ran through a warm pocket, it was the most incredible warmth. It's a lovely flat trail. Beautiful and scenic. Many pics were taken. We only saw one other runner!! G and the kids met us in Warburton for brunch, warm clothes and our lift home.
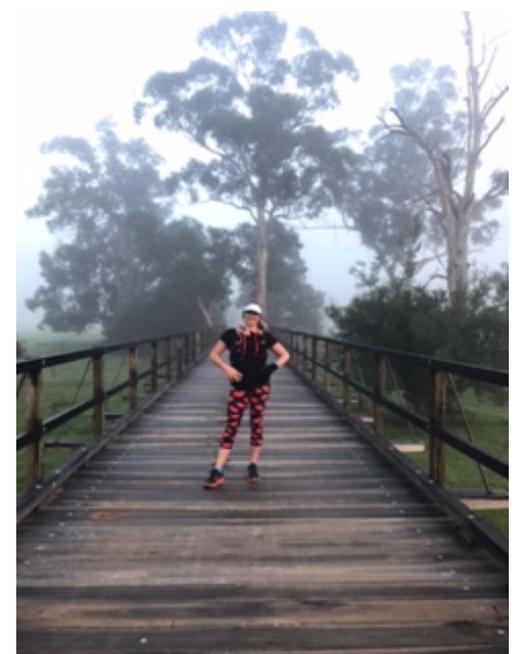
Lysterfield Lake to Kallista return – about 35km with Annie and some kangaroos. We both had heavy lead legs, Annie had just run GOR Mara, we took it in our stride, stayed slow and cruisy. We didn't meet any runners along the way but we were grateful for a walker who gave us some directions, by the time we arrived at Grants Picnic Reserve there were lots of beautiful people running around.

Surf Coast Trail Marathon – Hey Richard, will I get wet during this marathon? HA! This is a little beauty and the waves were pumping, the tides were king. We got wet! UC, my coach, reminded me to pace it out and to enjoy it, and that I did. I pulled up extremely well, had a fantastic weekend with my dad cheering my sister and I on. Got my bling and some great prep for SCC, met some awesome runners at the pub. Next day was SCC training run 2, I did plan on going but………

Its currently the school holidays, now this might be against the rules, but gee my kids love coming down to my local track and riding their bikes, playing in the long jump pit and jumping the hurdles while I run around and round. Free. Simple. Fun.

My guys at Running in the Burbs bring much experience to the table. I'm picking brains all the time, asking for their top tips for ultra-running. I shall compile the list for next time. But in the meantime, I will continue to tick my boxes, enjoy the wintery sunshine, go to bed early most nights and book in a massage.

July is looking good! Things to look forward to are holiday in Vietnam, everyone tells me I won't be running over there…

Happy Running