

Surf Coast Century Rookie Ambassador for 2022

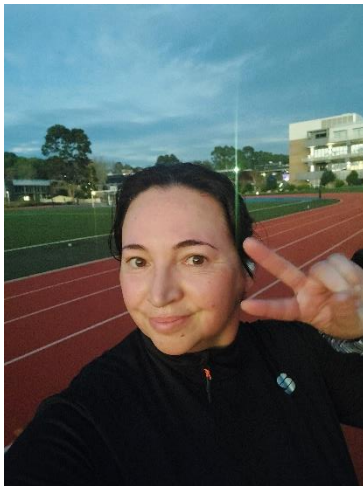
Daniela Ruffato

JUNE UPDATE

Hello Team!

Wow... July already! it goes without saying I hope everyone is fine and focusing on training body and mind.

Where to start?!!! If this newsletter would have a title, it will probably be: Behind, grateful, excited.



Currently keeping up with 3 runs a week, 1 PT session, yoga/meditation and therapies for my Achilles and calves.

But... let's rip the band aid off. I definitely feel behind with my training.

Don't get me wrong, I am doing all my runs and enjoy every single minute of them, and not only am I back on trail for my long runs but I also feel stronger than I ever been.

Besides, my Achilles are still tender and need to be extra careful. I also had almost a week off due to a minor medical procedure. I thought by now I would have done around at least 30/40km for my

long run and surely seeing all your amazing long distances on Strava makes me feel behind. So, yes, I know, we shouldn't compare ourselves with anyone else - but let's be honest, we all do it.

When this feeling gets a bit 'too much', I take a deep breath and remind myself how far I've come. Up until a couple of years ago I could run above 7 or 8km only on Saturdays to allow the rest of the weekend for recovery due to pelvic floor muscles prolapse. I was told from a few specialists that Pilates and/or gentle movements were going to be my best option from then onwards but I was lucky to find the right person (if not the best) for the job, Lauren at PhysioPod for the locals. From weekly therapies and doing daily exercises at home, she got my pelvic floor muscles working as new and especially with no pain.

I also find it extremely useful doing a yoga and meditation to settle this feeling of being chased from a bear all the time, and something





I strongly recommend you try as well. I even tried sound bath for the first time, and I really love it! Being an overthinker like I am - often during meditation I think of what to cook for dinner, or at a particular task at work, or where to run the next session - so having a sound to follow is my key to try to live the present rather than past or future. How nice is to find some moments for ourselves where we make our mind stronger rather than thinking only about our body and muscle mass?

I almost done all the shopping as well, new hydration vest and few other bits and pieces arrived just few days ago... and it's starting to become real.

If you miss anything guys, jump on the SCC website, all the links are there and it's super easy to find all you need.

Something that I will really need to focus on is nutrition and fuel my body for the runs. Time to start to try a few strategies for the Day. I am not sure how I will go, I need to eat at least 8 or 10 hours prior to running, otherwise I will get nauseated quite soon in the run and I must stop few times due to vomiting. Not nice, I know, my next few weeks will involve research and I will chat with few people in the industry for the best advice. If you have any suggestions, please feel free to drop a comment in any of my activities on Strava or on Insta and let me know if you have the same problem and how you are dealing with it. Any help is highly appreciated.



Keep running and training friends, we got this!!

If you want to follow me on the social platform, here's my Insta and Strava links.

<https://www.strava.com/athletes/37401064>

Instagram: [_daniela.ruffato_](#)