

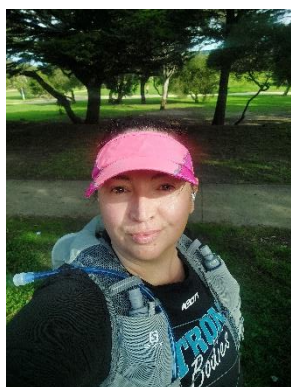
Surf Coast Century Rookie Ambassador for 2022

Daniela Ruffato

JULY UPDATE

Dear amazing friends,

Hoping that everyone is feeling as strong and motivated and pumped as ever, here's my July update.



What a difference one month, one week, or only one good night sleep can make!

My July started with celebrating my birthday, continued with a total mental breakdown, and finished with a 30km trail run, longest distance I have ever run.

Yes, correct, everything was going just fine, ticking off running

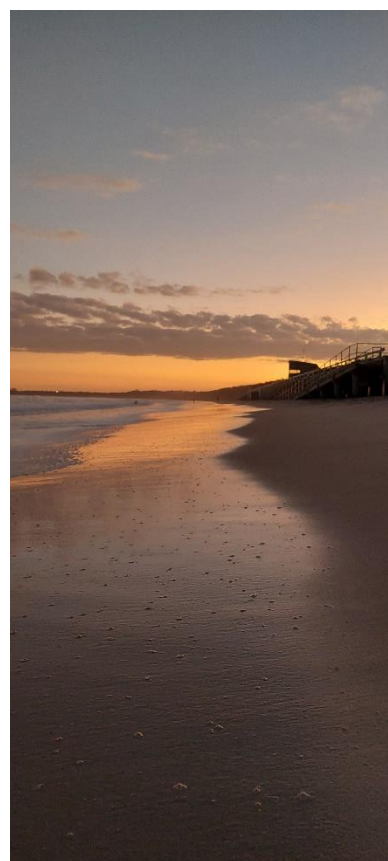
session and diligently following the program, feeling strong and overall proud. And then, a combination of sleep deprivation, stress and worries made a blue clear sky turn into the perfect storm.

Don't forget to take care of your mental health, to reach out for help, to love yourself for the way you are. On a sunny day, when the wind is rising and you see the dark clouds coming your way, don't wait to get wet....your umbrella is only a few steps away to take you home safely, where you can watch the storm passing. It will still be scary, but you are safe.

Be vulnerable. Be truthful and honest with yourself. Be yourself and be bold. Be proud.

Ask. For. Help.

My sunny days are back, every storm leaves a mess to clean, and I am taking care of my garden with a fair bit of TLC. Of course, not alone.





My runs are filling my heart, the combination of breathtaking views and the feeling of discomfort makes me feel alive and reminds me of my 'why' at every and each step.

We are only 6 weeks away for the Century and even if I can't wait for the day to come, I am glad there is still time to train and focus on time on legs. I am still doing a speed session, one 60 mins easy float, a long run (4/5 hrs) and now we added a 45 minutes easy float run on the day after my long run to get used to run with sore legs (plus PTs and yoga/meditation).

Funny that my 4th run of the week become the hardest and painful one.

While I am still working on my nutrition-plan-of-attack-for-the-day, I tried few techniques to avoid overthinking during my long runs and to keep away all the negative thoughts

that are coming along when fatigue is starting to kick in, and so far, I find that listening to podcasts is keeping me right in the present moment.

A few of you via Insta or Strava asked me if I have a time in mind. Yes, I do, my Garmin battery lasts for 23 hours, so I plan to finish before my watch runs out. Jokes aside, I will be happy with any time it will take me to cross the finishing line injuries free.

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_](#)

