

COUCH TO CHAMPION: LESSONS FROM THE FIRST MILE

GUEST NAME | GUEST PHONE | GUEST EMAIL | AIR DATE: March 03

Guest Bio:

INTRO/ICEBREAKER – Last Month's Recap

- This month was a roller coaster. One week I showed up and broke 4 milestones and another I didn't show up at all
- On the first week I fought procrastination heavily but I was simultaneously ready and motivated to run
- This month really provided a great starting point on things I need to work on Mentally and Physically

POINT 01 – Battling Self-Hate

- Wednesday February 5th Failure
 - I made a post talking about how disappointed in myself I was, I procrastinated, couldn't find motivation & then gave up feeling like a total failure leaving early that day
 - I was constantly repeating to myself...
 - Nobody Cares
 - I can't really do this so why try? It's so far out anyway
 - If I can't even help myself, what makes me think I can help anyone else
 - Nobody wants to watch me fail, or rather watch at all
 - Etc.
- Mental Negativity & Self-Hate
 - What Is Self-Hate?
 - Mental Physical or Emotional abuse towards yourself/punishing yourself
 - Everyone deals with an inner critic, it's when it controls you and keeps you from moving forward that it becomes a problem
 - The more you believe it, the stronger grip it holds on you
 - "Criticism is the killer of Will"
 - How do we fight back?
 - Understand your worth in Christ. He loves you no matter what you bring to the table
 - Realize that perfection is Unachievable
 - Positive self-talk – For every minute you beat yourself up, spend 2 minutes lifting yourself back up. Become your own biggest cheerleader
 - Surround yourself with people that will build you up, even if you don't like it.

- Find your Why
 - You have to know why you are doing it, why you are pushing. Your purpose is the life raft that will carry you through anything life throws your way
 - “Purpose carries passion, and passion silences pain”

POINT 02 – New Metrics & Observations

- Pain
 - I strained my sternum right out of the gate because I wasn't careful which forced me to go easy and slow down
 - Slowing down is good; it helps you dial in and focus on the details.
- Achieving the Milestones
 - I busted 4 milestones on Wednesday February 12th, what did I change?
 - Shoes – I swapped my Adidas Ultraboosts for my Hoka Clifton 9's
 - More stability and stiffer cushion which is what I really needed. Sometimes too soft creates a bigger problem
 - Form
 - Spent every minute during the run focusing on my form, how I was running
 - Used my back leg muscles – Hams, Glutes Calf, etc. instead of my shins to run
 - Kept repeating pull the ground with your feet not reach
 - Kept my center of balance even with where my feet actually hit the ground.
 - Stayed light on my feet, bouncy, aiming for a midfoot contact rather than the heel contact
 - Used Music to Dial in my Cadence since I am a musician
 - Cadence = SPM or Steps Per Minute = Beats Per Minute
 - Created playlist on Apple Music with the BOM's at my desired cadence and made sure I stayed on beat the whole run
 - Forced me to shorten my stride and stay centered
 - Practically cure my cadence which improved my gait (How your Run or Form) Immensely and eliminated my shin splint, which had been an occurring problem, completely
- Using Chat GPT To perform a Gait Analysis
 - If you're not using AI to assist then you're not taking advantage of one of the greatest tools currently on the market
 - I gave Chat as many stats as I had from my Garmin and a video, I had of me running and even laid out all the issues I noticed I was having like my shin splints and feeling heavy and losing energy fast.
 - Not only performed a complete gait analysis but it told me why I was facing the issues I was having and what I needed to do to fix them for me specifically and tailored it to what I'm already doing.
 - Provided a great starting point for tuning in my form and making sure I don't continue to injure myself.
 - I only got those 6 miles because I applied what Chat suggested to me

- If you're afraid of AI just know this, there's so much tech out there, If they want you, they've already got you. Also think of Chat more as an instant google, because that's pretty much what it does
 - It pulls from the internet to give you the answers which is what we do, it just does it way faster ... Take advantage
- Pushed myself, after every mile I said, I can go another one, the more I did that and succeeded the more confident I was that I could keep going
 - I also listened to my body and knew when it was time to stop. When I quit, I could've gone longer, but I didn't want to overextend myself

Point 03 – Lack Of Discipline

- I've noticed since the start of this journey that I've looked for reasons not to run, not to go to the gym
- The weather also dropped significantly the third week in Feb, which took my motivation completely out of the picture
 - My excuse was because it was cold but honestly, I just didn't feel like going to begin with
- This is part of why I started this journey, to build Discipline and do it anyway despite how I felt
 - I'm not taking this seriously enough
 - If I really want to change and beat this race, I need to really want it
 - If you really want something that bad then no excuse in the world is going to be strong enough to keep you from it, that's why some people succeed and others don't
- I guarantee my failure to push will affect my Mach 5k

OUTRO – March's Focuses

- Focus on continuing to improve my form to prevent injuries and get my body acclimated to proper form so that it starts to happen naturally – this only happens through consistency and repetition
- Continued focus on keeping a positive mindset, pushing myself & building up my confidence rather than continuing to tear myself down.
- Refining my ST workout to build up the stabilizer muscles and refine my efficiency
- Building up better discipline and not always listening to the lazy part of me but doing it anyway

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- Atomic Habits by James Clear
- Winning The War In your Mind Craig Groeschel
- Find Your Why by Simon Sinek
- Run The Mile You're In by Ryan Leak
- Andrew Huberman & Dr. Ethan Cross Podcast Episode