

Today's Thank you Thursday features Resolute Runner Blake Pearson. Blake is a physician, husband and a father of young children. Blake began running just a few years ago, but has seen very impressive results since joining Resolute Running Training Center. He works hard in training, running alone most of the time. He says it gives him time to think. Blake shares his love of running with his family, often running with his wife, and pushing his kids in a stroller. Thank you, Blake, for sharing your story and for being a Resolute Runner!



1. Has running always been an important part of your life, Blake?

No! I hated running when I was younger. I played football and lacrosse in high school so running was something I did only as a necessary evil or as punishment. Our cross-country course had a killer hill that ran up behind the lacrosse fields, and every time I ran it before practice I would think about how crazy the cross-country runners were. Mary Scott, my wife, started running about 9 or 10 years ago, and I started running as a way to spend time with her. I really only got the bug after training for and finishing my first half marathon at the Country Music Half-Marathon in Nashville in 2012.

2. What made you consider a personal run coach, and Resolute Running?

After a pretty good showing in my first half-marathon, I decided to see what I could do if I really pushed myself. The answer was I could hurt myself. I ended up with runner's knee and had to back off significantly just before Mercedes Half-Marathon last year. When it came time to go from maintenance to focused training again last fall, I got a bit more formal and started using an online plan. I liked not having to think about what I should do, and the goal race pace it had set for me, but the plan was unbelievably boring. After about six weeks of weekly mile repeats as my only speed work, I decided I needed something else. I chose Resolute Running because I liked Coach Alex's process. I felt I was getting more than just a plan. I have learned how not to hurt myself.

3. What results have you seen since working with Coach Alex and Resolute Running?

My first race in 2012, I ran a 1:44 Half-Marathon. In 2013, training myself, I

wanted to run sub-1:35 but I hurt my knee and actually ran 1:49 Half-Marathon. In 2014, working with Coach Alex I ran a 1:26 Half-Marathon. That was much faster than I could train for without hurting myself without coaching.

4. That's incredible, Blake! What advice would you offer to someone considering a personal run coach and Resolute Running?

Almost everyone pushes themselves too hard or not enough, or both. Unless you are in the very small group of runners that have amazing perspective on your own running, a coach will help you safely reach your potential.