

Today's Thank You Thursday features Brandon Slocum.

Brandon is a very dedicated Resolute Runner who has put his trust in his coach and his training plan, and has achieved big results. We are so proud of Brandon and the hard work he puts in. He is very faithful to his training schedule, and has gone on the rack up PR's in distances from the 5k all the way up to the half marathon! Congratulations, Brandon, and Thank You!



*1. How long have you been a runner? When did you feel you had become a "runner"?*

I started running when I moved to the Birmingham area in 2008, but just went out and ran race pace a few days a week. Although I knew a good training program had more structure and variation, I couldn't commit to changing my method. It wasn't until I joined Resolute Running in September 2014, got my first running plan, and then attended my first group speedwork session that I felt like a real runner.

*2. What made you join Resolute Running?*

I really wanted to get a Sub 2:00 hour half marathon. I had done two before, but started falling apart around mile 10 both times. Resolute Running had a Magic City Half Marathon training program, and I decided to give it a try. Even though it was hard to comprehend why running slower was going to make me faster, I stuck with the plan consistently, and not only did I finish under 2 hours, I felt great the whole race and set a 9-minute PR.

*3. That's fantastic! Do you use any other services or classes at Resolute Running? How have they helped your running?*

I've done the TRX Rip Core class, and also used the massage therapy. The TRX classes are great and definitely will have positive impacts on not just my running ability, but also my overall fitness level.

*4. What have your results been since joining Resolute Running?*

Since joining Resolute Running, I feel like a much more well-rounded runner. I set a subsequent 10-minute half PR by running a 1:46 in the Mercedes Half Marathon. That was a 19-minute improvement over my pre-Resolute Running time. I have also knocked over 2 minutes off of my 5K PR, and placed third in my age group at that race.

*5. Love it! What is your favorite Resolute Running story?*

My favorite story happened when Coach Alex was pacing a group of us in the Perseverance 5K. He ran circles around us as he coached us through it. About the 2.5 mile mark I was really fading and started to slow down some. Then I got some just-in-time personal coaching which may have included a slap on my butt! I ended up with a big PR, and all four of us in the group, along with many other Resolute Runners, placed in our age groups. It really felt like we all ran that race as a team and pushed each other to achieve more than we thought we could.

*6. What advice would you offer anyone considering a personal run coach, and Resolute Running?*

If you want to become a better runner and get to run with an awesome group of people, then sign up. Coach Alex and Coach Ann have gotten me to achieve results I never thought were possible, by providing structure along with some accountability. When I first got my race pace for the Mercedes Half Marathon, I didn't think there was any way I could do it. But I stuck to the process and followed my plan, and I hit my goal. Just stick to the plan and you will get the results.