

We are so excited to tell you about this week's Thank You Thursday Resolute Runner Daniel Connell. Daniel is fresh off of his very first marathon, where he ran a fantastic 3:43! Daniel joined Resolute Running back in the spring, and has worked his training plan beautifully. He has made fast friends with his fellow Resolute Runners, and become an integral part of the team. We could not be happier for Daniel for his amazing marathon debut. He killed it last week in Salt Lake City, with a smile on his face the whole way, and for that we say Thank You Daniel!



*1. How long have you run? What was your running like before becoming a Resolute Runner?*

I have been running for a little over three years. Prior to joining Resolute Running I completed two Half-Marathons, and several other races of varying distances.

*2. What made you join Resolute Running Training Center?*

I wanted to run “Faster, Farther, Fitter...” of course. I had just finished the Tuscaloosa Half (in March 2014) with a PR of [1:49](#); however, I knew I could do better with proper training. While still at the race I had mentioned to a friend of mine, and client of Resolute Running, that I was considering signing up with RR. It turns out that Coach Ann was at the race, and my friend introduced the two of us. I would describe it as a fortuitous meeting...Ann might describe it as bad luck. The timing could not have been better, because right after that race my IT Band issue flared back up and Coach Ann and Resolute Running were there to help me through the Physical Therapy.

*3. I know you just completed your first marathon- tell us how Resolute*

*Running helped you prepare, and reach your goal.*

About one week out from the race I started to have “oh \$\*!%” moments. I was a nervous wreck about how my body would react after 18+ miles - would my hydration plan work, would my fueling plan work, would I have GI issues, etc. However, I was never once nervous about my fitness level. The training leading up to the race gave this rookie the confidence needed to achieve my goal.

*4. Do you use any other Resolute Running services?*

I mainly do personal training with Coach Ann (pistol squats + booo = strong legs) and Core on the Floor. I have also made use of the massage therapy, Run Form and nutritional clinics, and Yoga for Runners.

*5. What have your results been since joining Resolute Running Training Center?*

One word – AMAZING. I have PR’ed every race, and I’m stronger and fitter than ever. I’m 34, and at my last annual checkup the doctor told me I have the body of an 18 year-old athlete on chewable Flintstone vitamins. Thanks Coach Ann and Resolute Running!

*6. What is your favorite Resolute Running story?*

I have only been training with Resolute Running since the Spring, but I already have so many favorite stories and memories: placing 3<sup>rd</sup> and making the podium at the Woodstock 5k, running with strangers who have become friends, eventful runs which have included a few laughs and a few high pitched screams, and then there’s the first-ever marathon. The marathon was in Salt Lake City and I was surrounded by a bunch of experienced and awesome Resolute Runners. These runners had a tremendous impact on calming my nervous and making this an experience I’ll forever treasure. I had such a great time that I literally ran with goose bumps from mile 22 – 24...and then I just ran with hurt. Did I tell the story of how Stacy Peterson and I saved a toddler while on a long run? Ahh, maybe some other time...

*7. What is your advice for anyone considering a personal run coach and Resolute Running?*

Don’t wait. Before joining Resolute Running, I was reading various running articles and plans trying to incorporate that into my “training”. I realize now

that I wasn't really training at all; I was just running. Resolute Running will help you train effectively by giving you the ability to take it to the next level, whether it's completing your first 5k or qualifying for Boston.