

Today's featured runner is Josh Mixon. Josh is a captain in the Army National Guard. He is a part of the Army National Guard marathon team, which Resolute Running is training for a marathon in Lincoln, Nebraska in May. We are so proud of Josh! He just set a massive PR at Mercedes Half Marathon, running a phenomenal 1:26! Congratulations, Josh, and Thank You!



1. How long have you been a runner? When did you feel you had become a “runner”?

I've been running since I was a teenager but didn't consider myself a true “runner” until I completed my first marathon in November 2013.

2. What made you join Resolute Running?

I had seen the benefits of using a solid, defined plan but didn't have any accountability. Resolute Running's plans are tailor-made to whatever goal you may have.

3. Do you use any other services or classes at Resolute Running?

Not yet, but I can't wait to check out ALL of the TRX classes!

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

My results have been awesome. Not only am I feeling better during my training journey, but I PR'ed on my last half marathon. Looking forward

to putting the training to test at my next full marathon in May!

5. That's terrific! What is your favorite Resolute Running story?

Well, though I've only been on the team for a few months, I really enjoyed competing in the Mercedes Half with everyone. It was great feeling we were all running at the same time. Felt like all of Resolute Running was cheering me on & I was doing the same for them!

6. What advice would you offer anyone considering joining?

Join now. Nowhere else is the community as diverse - from the "turtles" to "roadrunners". The resource of the coaches' expertise and the team members' running along side of you is invaluable!