

2020 has been such a strange year, both in the running and non-running world. As an NHS employee I've worked flat out all through lockdown, and running has been more important than ever in terms of keeping healthy, both physically and mentally.

I've tried to keep focussed during lockdown (as I find it hard to just run without a thing I'm working towards) and work on my 1 mile (April), 5k (May) and 10k (June) times, in the hope racing would be back come the autumn, but with the rest of my planned races for 2020 now cancelled (including my goal race of Berlin Marathon) I was feeling abit deflated. I've never had any ambition to do an ultra marathon (although Sara and I were supposed to be doing the Ultra Tour of Edinburgh in October - her idea she roped me into hah!) so when the opportunity came up to do a virtual Race To The Stones (100km) over the course of a week, I figured it was a good opportunity to give it a bash (as I have no intention of ever doing a 100km in a day!). Only slight problem was I've not trained to do that sort of mileage in a week, but I do like a challenge! Here is how my week went:

Monday 6th July:

Day 1 of the challenge and up at 6am to do my first run of the day before my husband leaves for work. Pretty sure I've never done a double run day before so this is a first! 8km ticked off before breakfast and back home before the kids have even woken up so managed to have a cup of tea in peace! Today is my day off work so it's a nice day to start the challenge on. Already realising the logistical nightmare of all the washing this is going to generate this week!

Back out again for another 12km at 6pm when my husband got home, wasn't sure how tired I'd feel doing two runs in one day but it was surprisingly totally fine. Double run day wasn't so bad after all, but having to remind myself to take it really easy, it's going to be a long week!

Tuesday 7th July

National chocolate day today apparently so I took the opportunity to focus on fuelling my running, hah! Back to work for me today, and then my husband, Ste, bagged the first run slot of the evening so it was 9pm before I managed to get out for my run. Planned my route badly so ended up having to run round and round the same loop at the end to make up the miles which felt never ending. Another 14km clocked up and views of a lovely sunset over Saltburn beach at the end. Feeling pretty tired after today's run. Probably should do some stretching and foam rolling but end up watching Netflix and falling asleep instead!

Wednesday 8th July

Worked from home today so had a genius idea to wear compression leggings and a nice top - no one was any the wiser in my MSTeams calls! Another 12km on the cards today after work, planned a better route and stuck a good playlist on and the miles ticked away much quicker today. Ran the first few hundred metres with a huge blind to deliver to my sister in law -



looked like a giant baton! Chocolate milkshake from the shop to finish - I'm taking my re-fuelling very seriously!

Thursday 9th July

Double run day again today so out at 6am for 8k, nearly late for work as I didn't factor in enough time to wash my hair (again!) oops! Back out for another 12k at 6pm - legs have felt a little bit achey today but going up and down the stairs all day at work seemed to help and felt

surprisingly fresh on the second run of the day. Grabbed another chocolate milkshake at the end!

Friday 10th July

Rest day ahead of the longest run tomorrow. Busy day at work but wore my oofos all day - they definitely did NOT match my dress but they really do help with recovery so decided it was worth looking ridiculous for the day! Absolutely exhausted by tea time both from work and running. Bit nervous for tomorrow's run but looking forward to getting it ticked off!

Saturday 11th July

Long run day! 25km with Sara for company - lovely route from Saltburn, through Errington Woods, down from New Marske into Marske and along to Kirkleatham, then down to the sea front and all the way back to Saltburn with the last few miles on the beach. Perfect weather and great company made the miles just tick away. Trainers got some hammering with all the mud, sea water and sand along the route but I was surprised to find my legs felt pretty fresh and it wasn't the slog I was expecting. Ended the run with a quick paddle in the sea, then walked up to Signals for a lemon meringue donut (one of the best things I've ever eaten by



the way) and a cheeky pint from Signals. 91km completed now so just the last 9k to tick off tomorrow!

Sunday 12th July

Out late morning for the last 9k leg, music blasting and singing along to my fave songs as I go (hope no one heard me, singing is not my forte). Can't believe my legs are still complying and the miles tick away quickly in the sunshine, get back home with a big smile on my face and celebrate with a chocolate milkshake (of course). Really chuffed to have completed my highest ever weekly mileage and without it being mental or physical torture which, if I'm honest, I was kind of expecting. It hasn't made me anymore keen to do any 100k in a day races, but I enjoyed trying a different type of running and challenge! If anyone fancies giving it a go, Maverick Races are doing a 100km virtual chamonix challenge at the end of July. I'm tempted but it might lead to divorce so I'd better not!