

Group In Training: *The 'Back in Shape' Challenge*

Q. Tell us about your group! How do you know each other and how did you come to train together?

A. Our group consists of 11 members; just a bunch of friends, co-workers, and friends of friends.

It all started as a challenge my wife and I put to a few of the former athletes in our group of friends. They had been inactive for a few years and were looking to getting into better shape.

We challenged them to join us in training for the Marathon. It started with just this group – the half dozen or so who took up the challenge – and then we added some more friends and co-workers in the weeks that followed. By mid-January, when we started our first training runs, we had doubled in size.

Q. What kind of Marathon experience is represented in your group? (i.e. do you have former Marathoners, first-timers, walkers, general athletes?)

A. Only two of our members, including my wife, have any experience. They both participated in a Half-Marathon last year.

Q. What's your training regimen?

A. We all run five days a week. We take our shorter runs on Tuesdays, Thursdays, and Saturdays. Our Wednesday runs consists of a slow, warm-up run, hill sprints, and a slow cool-down run (later in the training it will be our fartlek** day). Sundays are our long runs days, increasing by about two to three kilometres per week.

**a training technique, used especially among runners, consisting of bursts of intense effort loosely alternated with less strenuous activity

Q. Why did you pick the Saskatchewan Marathon?

A. Great time of year! A lot of our runners are teachers and summer isn't their best time for training. May 30th is a perfect time for us all.

Q. What does your group use its Facebook page for?

A. Training tips and motivation!

Q. Any advice for other groups thinking of group training?

A. Help each other out. You are there to provide one another with motivation, support, advice, and someone to lean on when those long runs get tough. People have good and bad days and the people you train with will help you through YOUR bad days and, in return, you'll help them through theirs. Also, group training means you can't bail on your run! It's easy to say that you don't feel like going on a run when you're on your own; but you won't want to cancel when it means letting your fellow group members down.

Have a question or comment for this Group Leader? Send [Jason](#) a quick note!