

March

09.03.2010 - 'Back' from injury

After having somewhat of a torrid time with my back injury, I feel like I am back on track with my training, albeit a little less fitter than where I wanted to be. Today my running partner Mark completed a half marathon in a fantastic time of 1 hour and 47 minutes. For me that would be a fantastic time, and should either of us keep that pace up for the actual marathon, then we would be ecstatic.

As for myself, I have only managed to run three times this week; A 4 mile run, and two 6 mile runs. OK, I'm not exactly pulling up trees here, but a week ago I honestly thought I may have to pull out of the marathon altogether. Luckily Mark has enough enthusiasm for the both of us, so while he is running, it provides discernible enough target for me to follow. Indeed, we are targeting 20 mile run next, so hopefully by then I will have caught up a little more to Mark's level.

Our fund raising is a slightly different proposition. We are not yet badgering people too much for sponsorship, but as time ticks on we will have to resort to more creative methods to raise the money.

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