



Surf Coast Century Rookie Ambassador 2021

Annie Knight

JULY UPDATE

Hi everyone, I am on a training roller coaster of late....

I had a great run at the Surf Coast Trail Marathon (pictured right). I finished the race strongly and thought 'yes, I've turned a corner here. I can do this.' Backed it up a week later with a 56km trail run and I was equally comfortable. At this stage I'm thinking, 'yes, this is coming together. I've got 100km covered for sure'.



Had a couple of quality short, fast runs on trail and then, just when I was starting to get confident, a couple of days later rolled my ankle on a benign section of track in Anglesea (not even a tree root or a rock!). I generally run alone so I think I was a bit distracted running with people/talking and not looking at where I was going (being a space cadet!). Last time I rolled my ankle it was a 6-week recovery, so I went into over-drive; determined to do the right thing to get myself back sooner. Guess what? If you do the right things (ie. STOP RUNNING as soon as you roll, immediately ice, elevate, add heat/massage for 48 hours), you do! Only took 1 week to get back out and start running again!

I spent that 1 week off doing strength and a bit of swimming and not really missing running because I was tired anyway. Getting back into it this week, I feel very old and slow and everything around the ankle hurts... but apparently the body being slightly broken might just be part of distance running(!) Soldier on and all that.

I am supposed to be running my final long run of 8 hours this Saturday but holding off for 2 weeks to make sure the foot and body hold up OK. My only other thoughts for you are: ***I still love running and I still loathe cold, miserable weather!!!***

Hope everyone's training is tracking well particularly with the challenge of lockdown for some! How are you going with staying motivated in the colder climates? Do you like cursing head winds as much as I do?

Only a couple of months to go! Please ping out if you have any questions.

Annie 

Follow Annie's training on Strava [HERE](#)

The next update on Annie's progress on how her training is going, her mental health and motivation etc will be posted in August.