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“For Sport, For Life”

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Community Member of the Month...



This month's CasePerformance Community member of the month is Bridget Krempges who comes to us from Independence, Iowa, USA. Besides a fulltime job as a school teacher, taking college courses to further her teaching skill set, assisting on her family's farm as well as raising a family, Bridget has become an avid endurance runner. Thankfully for us, she has taken time out of her busy day to share her experiences with us here at CasePerformance.

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Let's start at the beginning; I know that endurance running was not hobby that you picked up till later in life. What motivated you to all of a sudden start running?

On December 27, 2009, I got the phone call from a good friend of mine who called to see if I wanted to run a half marathon? I thought she was crazy; Me run a half marathon - she must be on drugs! I had never run a race in my life, I was not a runner growing up; I was 50 now and she wanted me to run a race. I thought about it for a while and looked up some information regarding half marathons. I discovered that it was found 13.2 miles. I thought, "Could I do it?" I called a few people who ran in Independence and asked how they trained for a half marathon. I also went online and printed out a schedule. When I looked at the schedule, I thought "Oh my", how do I fit this into teaching and along with watching my children's sports schedule plus help my husband in farming. Thank God I have a wonderful husband, supporting children and friends.

As soon as I knew I was going to start training; I needed a different way of eating so I called Sean. He planned a healthy schedule of eating for me which helped me get started. Eating healthy, drinking a lot of water and training all hand in hand with being able to achieve your goals in running as well as just living a longer, healthier life.

After training for 2 years, what have you found to be the most enjoyable aspects of running?

I have found that after 2 years of running the most enjoyable aspects is that it proves that there is nothing I can't achieve. I know I'm not the fastest runner but I know I will start and finish. I will make my PR better each time I run.

Once you started training, how long did you wait long before entering your first race? What was that experience like for you?

My first race was May of 2010, which gave me about 4 months till my first half marathon! I was so excited and it was such a natural high!

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I know you've done a fair amount of races since that first one. Have you found that you enjoy any particular distances more so than others?

After I ran my first half marathon, I ran 7 miles, 10k (kilometers), and 5ks. I really enjoy running 5ks because it's short and you can continue to shorten your PR. Also being a busy mom and wife, it's a race that I can achieve with no problem and still be able to attend all my kids' high school activities.

Do you incorporate much resistance training into your running routine?

I incorporate resistance training into my routine on Monday, Wednesday and Friday mornings prior to going to school to teach. I run on Tuesday, Thursday and Saturday. I give myself one day of rest.

Including resistance training, what does your typical training week look like?

Depending on the race that I'm training for, I'll usually run between 3-4.5 miles on Tuesday and Thursday . Saturday is my long run day. The distance usually varies between 5-8 miles. Sundays are a "rest" day where I just let my body recover.

As mentioned in the intro, you're juggling A LOT of different activities ... How do you manage to fit that training schedule in with all of those other activities???

I usually workout at 5:30-6:30 a.m. on Monday, Wednesday and Friday. Then on Tuesday and Thursday I run at 5:30-6:30 in the morning. When I'm out of school, I'll run at 6 in the morning! The weekend is usually around 7a.m, I love running early in the morning when my children are sleeping, then I have the rest of the day left open for my family.

On a final note, do you have any advice or tips that you've found effective in your own life with respect to training that you're willing to share with us here at CasePerformance?

All I can say is that if you have a dream you want to achieve go for it. Know that you will never regret it. You will feel great and at the age of 52, I am still running and I have goals that I will continue to meet. Don't let anyone say you can't do it because you can do it!

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Once again, on behalf of the CasePerformance Community I want to thank you for taking time out of your schedule to join us today. You have truly shown that when placed as a priority, anyone can incorporate exercise into their daily routine. Good luck with your training!

