

Stressing the body – a light bulb moment

By Anita Paling 16 June 2010

Sometimes I'm a really s l o w learner.

When Richard phoned last night, something he said turned the light bulb on. And it wasn't his comment about "duty of care" he had for me

It was in relation to cutting back my planned 60 minute hill run to a 30 minute run.

Richard said exercise stresses the body. And if the body is already stressed then you need to back off the exercise.

In my tired over worked state my 30 minute run probably stressed my body the same amount as a 60 minute run would had I been feeling on top of the world.

Duh! How simple is that to understand. Yet I'd never had it put to me in that way so I was slow to pick up the obvious truth of that statement.

I also happily told Richard how much I enjoyed my run. Running on the flat made me feel fast. And because I only took 30 minutes (well 28.30) I had time to get some pruning done (thank goodness we have outdoor lights) and fill the green wheelie bin which made me feel like I'd accomplished something.

And that too, Richard said, is part of what is important. Feeling good about life, that I feel like I had a good balance of training and work/home life.

As for the programme. Apparently I'm the only person that has a good idea of how I'm feeling and that gives me the right to make changes to ensure that I'm not out there slogging away on a run that doesn't seem very rewarding.

Richard said I'd do more good having a rest than continuing on with a run that's just a real mission to accomplish. I mentioned to Richard, I see the programme as the bible. I know others see it as a guide but I don't cut myself any slack. If I don't manage everything then I feel like I've failed.

Now I feel slightly empowered. The ongoing battle will be to listen to my body and then act sensibly.

More power to me!!

