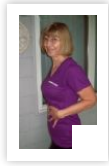


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What are you training for?

Wednesday, January 30, 2013

It's a simple question I was asked while on the treadmill.

I've been increasing my time and distance lately so it was a reasonable assumption that I had some race on the horizon. Only I don't, not yet anyway. Come spring I'll probably register for one or more 5Ks and if I'm able to build more endurance, maybe even a 10K or a half marathon.

However, there's a more complex answer to the question. If the schedule of races doesn't suit me, I won't enter, but I will keep on "training."

I like gathering at the starting line and taking off with the group. I enjoy trying to improve, to be better than I was the last time. I love to win hardware, but if I don't, I applaud the excellence of whatever "old lady" runs faster than me.

So what am I training for?

I want to be ready and able to run a race if the opportunity arises.

I want to be able to run for a bus that's about to leave.

I want to be able to run for shelter in a sudden downpour.

I think I'm just training for life, a quality of life that I want to maintain as long as I can.

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BOILHAM

I'm training so my grandkids can tell their friends that their G-Pa is a marathon runner.

Shallow, you could say that, yeah.

Hey I've been doing ST my whole life for fitness, and I've succeeded. I'm pretty sure the running has been for praise from my G-kids.

3055 days ago



WATERMELLEN

Functional fitness . . . yeah! I want to be able to zoom up and down the stairs and lift heavy

bags of groceries and shovel snow and dig in my garden and go for long walks with Charlie and ski and golf and lots more not just now but for a couple more decades at least!!

3056 days ago





SWEDE_SU

add me to the list of those training for life - i want the strength to walk the beach, climb the hills, and if a race comes along where the schedule fits, fine, that's fun, i'll be ready...
3056 days ago



CD13252816

You are so right. There is more to life than running races. It's where we get the term "run for your life..or as your life depended on it" I want to grow older and yet get the drop on the old lady with the walker.



3056 days ago



CELIAMINER

"Life." What a great answer!
3057 days ago



DR1939

I'm training for life.

Don't forget to wear red on Friday
3057 days ago



PMRUNNER

Yay! I train to be able to do a 10 miler or a HM when ever I want to! I train to be fit enough to keep up with my kids! I may do a 10 miler in Feb (why not, it goes right past my house and is along one of my favorite routes) and may do a HM in Mar. But if I don't, that's OK too.

Keep up the great training!
3057 days ago



CD13136117

The best reason to be training, for a healthy life! Great that you are all trained up and ready to go when you see the right race. For me, I really need the motivation to have a registered race on the horizon. I'm impressed that you do it anyway!! Awesome.
3057 days ago



GINIEMIE

Love it, I agree. We are training for life.



3057 days ago



SUZYMOBILE

Another great blog! I agree with Fitfoodie--I'm training for the long, slow distance of life!
3057 days ago



FITFOODIE806

I love answering, "life" when people ask that question. Sure, I have a race on the horizon, but day to day health & enjoyment is my main focus. Training for life!
3057 days ago



WEARINGTHIN

Training for health is a great thing. But if you end up in a downpour, try walking at your own regular pace. It's more fun that way. Then you will be wondering why all of the people around you are running. And who cares what they think of you. Good luck to you. Glenn
3057 days ago

Comment edited on: 1/30/2013 7:56:34 AM



WILSONWR

There is nothing wrong with training for "quality of life." Too many folks just complain about how they can't do anything any more now that they are older. I may not be as fast as I was when I was younger, but I still can work circles around the younger folks. You're only as old as you let yourself be!
3057 days ago



COCK-ROBIN

And life is a great thing to train for.
3057 days ago



CD8113065

Very well said. As always.



3057 days ago



KELLIEBEAN

Excellent blog! I am with you! I am working on the St. Patrick's day 5K in my area but like you said, I just want to be strong and have stamina for life!

3057 days ago



CLUMBOY

excellent. i am in a similar place with my training. trying to work up the nerve to enter some events next year. doing podrunner right now, working through the 10 K program.

3057 days ago



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