

# Donna Buckley



I started my journey with intraining at the 2016 marathon school launch in January. I only went along that day to support my husband Colin who was telling his running story. After listening to Fleur speak & then Colin, I heard Steve Manning talk about the Couch to 10k program & decided to sign up there & then. My husband was shocked & later told me how proud he was of me.

I was so nervous the first training night at Milton, worried I wouldn't be able to keep up with everyone. I had decked myself out in my new intraining singlet thinking "if I look the part, I'll feel the part & also so the coach knew I was part of the group & would not leave me behind". I was wearing my new pristine shoes I had bought the day before at the Milton intraining store. I was amazed at how supportive the intraining staff were with fitting my shoes, and learnt that your shoes shouldn't make a slapping noise whilst pounding the pavement. The shoes felt amazing, like running on clouds, which I had never experienced in runner's before.

On that first session, I dragged my teenage daughter along to keep me company, but she was too fast so I plodded along with four great ladies travelling at my snail pace. Four months later these same ladies inspire me & support me at every training night & Sunday long runs from shop. I mainly train at Milton but now feel confident to run with the New Farm intraining group when I can't make the Milton nights. The experienced New Farm intraining guys welcomed me and encourage me beyond words.

This flexibility between sessions is great. My coaches, James, Gerard & Tracy give me great tips on how to run my own race, how to pace myself & not to overthink my big fear of how to breath whilst I'm running. I have just completed my first 10k at Noosa Ultimate Sports Festival, and the coaching advice kept running through my head to keep me going that day. I was proud to wear my intraining singlet & the support from the intraining tent before the race and whilst I ran past on my way to the finish line was the most amazing experience. Other runners from intraining that I didn't know sang out positive words and high fived me to keep me going during the race. I was euphoric coming over the finish line & was smiling for hours afterwards thinking about how far I had come with intraining from not being able to run the 2 mins on my first night to running 10k. I have now entered for 10k at the Brisbane Running Festival in August & Melbourne in October.

I've been bitten by the running bug & I love it!!!