

33RD MARINE CORPS MARATHON



Training Tips from Jill Stevens

1. Keep focused on the target - Why are you eating this? What is this going to do for me? Have reminders posted around you that show what you are working for. I love to put positive statements and goals on my mirror where I see it every morning and also my steering wheel. Be sure to keep them positive... health is a good thing. Keep focused!
2. Substitute for hire - When cravings come at you hard, think of a healthier substitute that can satisfy you. Granted, I have made the mistake of eating the substitute then eating the thing I was actually craving... it's a work in progress.
3. Don't waste your ammo, make every shot count - Make your workouts count. Don't count standing on a cardio machine for 30 minutes as you visit with a friend as your workout. 90% of your workouts should have a purpose. What is your goal that you want to accomplish this time and overall? When there is a purpose behind it, then you are that much more motivated to do it... a reason for everything!
4. Baby steps - Oldest trick in the book... take it one step at a time. Gradually find something you can improve on each day and each week. Little by little you will make it a lifestyle!
5. A new day! Forgive yourself - Mistakes happen and we are blessed to have another shot at it each day. Bad days happen. Figure out why it happened, come up with a plan to make sure it doesn't happen again and execute that plan. That is how we learn best is by making the mistake first.
6. "Ooo, this is new..." - Try new cardio workouts. Spice things up a bit. Our bodies can get accustomed to doing the same thing and therefore won't be working as hard. Plus, it gets boring doing the same thing! Try a new sport and add it into your workout routine once a week. Then try another sport and add that. Cross-training will only improve your cardiovascular level all around... Your body will love you!

7. Reward yourself in different ways - After accomplishing a goal for a set time, reward yourself with something that isn't food, such as: new running gear, house decorations, etc. Hold off buying things you want right away when you can reward yourself with it after you accomplished something great.
8. Get a Battle buddy - Many view the target of a healthier you as a "combat zone" and running through a minefield. "Mines" represent the obstacles that we face when trying to accomplish our goals, such as: doubt, cravings, peer pressure, any temptation. So why not run through this "minefield" with someone to help dodge those mines. You will give each other strength.
9. New tunes: Music can be a great motivator and really get the body pumpin' for those who use it. Try searching for different styles of songs to add variety to what you hear. Again, monotony will only lead to giving up. Change it up with something new!
10. It's a love/hate relationship: choose a few songs that you love and pick up the pace whenever you hear them. Intervals are a great addition with many benefits. Yes, you might begin to hate these songs because you will know what they mean.

*Disclaimer: Even though I am giving these tips, does not mean I have mastered them. I am continually working on them myself. No one's perfect.

From combat boots to running shoes to high heels, Jill Stevens is the current Miss Utah, and made it to the top sixteen at the 2008 Miss America pageant. She has been an active member of the Utah Army National Guard since 2001 as a combat medic with the 1/211 Aviation and recently graduated Suma Cum Laude from the Nursing program at Southern Utah University. Stevens has completed twelve marathons, frequently placing in the top ten in her age group. She finished the 2007 MCM with a time of 3:23:53.