

Ep #50: 50 Things I've Learned from Running



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With Your Host

Jill Angie

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Welcome to *The Not Your Average Runner Podcast*. If you're a woman who is midlife and plus sized and you want to start running but don't know how, or if it's even possible, you're in the right place. Using proven strategies and real-life experience, certified running and life coach Jill Angie shares how you can learn to run in the body you have right now.

Hey rebels, you are listening to episode number 50 of *The Not Your Average Runner Podcast*. I'm your host, Jill Angie, and today is a pretty big celebration. I mean, 50 episodes. How fucking cool is that? If you would have told me 20 years ago that one day I would be hosting a podcast on running of all things, I would have laughed you out of the room. Well, I would have given you a confused look because podcasts didn't exist 20 years ago but you know what I mean.

Basically, because fat girls don't run and they definitely don't coach other people to run and they for sure shouldn't be proud and cocky about it, right? Wrong. Here we are and I could not be happier. So to celebrate this milestone, what I decided to do for today's show is to give you 50 things that I have learned from running over the past 20 years.

And some of them are short quotes, some of them are a little bit longer, some of them are mine, some of them are from other people. I'm just going to read them out one after the other and if you hear something you like, I want you to head over to the podcast website because I've made you a very nice printable PDF that you can download and print, you can keep it on your computer, you can print it out and hang it on your fridge, on your bathroom mirror, whatever you want to do with it. And then also make sure you listen to the entire show today because I am doing a celebration giveaway just for this episode and all the instructions to enter are at the very end of today's show.

But before we get into all of that, today's episode is sponsored by Run Your Best Life. Run Your Best Life is a one of a kind running program where you

[The Not Your Average Runner Podcast](#) with Jill Angie

Ep #50: 50 Things I've Learned from Running

don't just get better at running. You run your way to confidence, self-love, and a kickass life. I coach live in that group once a week and my members are getting some pretty awesome results. As a matter of fact, on Saturday's episode, in two days, you're going to hear from one of my members and she's just going to blow your mind with what she's accomplished doing the work that I teach.

So if you've been enjoying the podcast and the tools that I've been teaching you here, you are going to love Run Your Best Life because we take all of this stuff and we apply it to your life. It's like you have a running coach and a life coach right on call. So I want you to go to runyourbestlife.com today and see how \$98 can change your life right now.

Alright, here we go. The 50 things that I've learned from running. Now, as I said before, some of these are just inspirational quotes from other people that I've used to guide my life, some are my own quotes, and if I know who said it, I'm including that after each one. But the one thing that they all do have in common is that all of them are true.

And basically, what they really are, they've basically just new thoughts for you to think when you're struggling with your mind. And we talk a lot about thoughts creating your results on this podcast and how if you can adjust your thoughts, you can change your thinking, you can change your results. And a lot of times people don't know what else to think. So what I'm giving you in this episode is basically 50 options to think differently to help you get the results that you want in your running and in your life. So if you're not getting what you want, it's usually because of what you're thinking. Try some of these thoughts on for size and let's see what you get.

Number one. The best way to start running is just to put your shoes on and go. Number two. If you run, you are a runner, whether it is for 30 seconds or 30 miles. Number three. The first mile always feels like ass. Number four. Athletes come in all shapes, sizes, and ages. Number five. The most

[The Not Your Average Runner Podcast](#) with Jill Angie

Ep #50: 50 Things I've Learned from Running

important running skill you can learn is how to tell your inner mean girl to suck it. Number six. Running any given route in the rain makes you 50% more badass than running the same route on a sunny day. Number seven. Start believing you are awesome and you will be. Number eight. Find the good in every single run, even if it is simply, "I ran today." Number nine. Always be an example of what is possible, and that one is from my mentor, Brooke Castillo. Number 10. Don't train to be skinny or fast. Train to be a badass.

Number 11. First place and last place always go the same distance. Number 12. An 18-minute mile is just as far as an eight-minute mile. Number 13. Running is always cheaper than therapy. Number 14. If you believe you can, you're halfway there, and that one's from Henry Ford. Number 15. You don't have to see the whole staircase. You just need to take the first step. And that one is from Dr. Martin Luther King Jr.

Number 16. Forget what others think and run your own race. Number 17. You never know who you might inspire. Number 18. You don't have to run far, you don't have to run fast. Just run. Number 19. It does not matter how many times you start over. Running will always be there for you. Number 20. If it doesn't challenge you, it won't change you.

Number 21. Sometimes the best runs come on the days you didn't feel like going. Number 22. You don't have to be great to start, but you do have to start to be great. Number 23. Coconut water tastes like ass. Don't let anyone tell you differently. Number 24. The best ideas originate in the muscles. And I'm just going to give you a side note on this one. I get almost all my best ideas when I'm out running. For podcasts, for whatever it is, the best ideas really do originate in the muscles.

Number 25. Running a marathon comes down to taking one single step repeated 52,000 times. Number 26. Doubt kills more dreams than failure ever will. Number 27. A good laugh and a long run are the two best cures

[The Not Your Average Runner Podcast](#) with Jill Angie

Ep #50: 50 Things I've Learned from Running

for anything. Number 28. Coffee always tastes better after your run. Number 29. When someone tells you that you can't do something, don't get mad. Turn around and say, "Watch me." Number 30. Running is the greatest metaphor for life because you get out of it what you put into it. And that's from Oprah Winfrey.

Number 31. If you're running on the treadmill next to me, the answer is yes, we are racing. Number 32. Every accomplishment begins with the decision to just start. Number 33. If you are every losing faith in the human spirit, go out and watch a marathon. Number 34. One run can change your day and many runs can change your life. Number 35. Motivation doesn't come to you out of thin air. You create it with your thoughts.

Number 36. We are all runners. Some just run faster than others. I never met a fake runner. And that's from Bart Yasso. Number 37. You only get stronger as a runner and as a human if you push yourself outside of your comfort zone. Number 38. You can't finish the race unless you show up to the start line. Number 39. Tough runs don't last, but tough runners do. Number 40. Running won't solve all your problems, but neither will laying on the couch. When in doubt, just put your shoes on and go.

Number 41. A good sports bra is a game-changer. Number 42. When somebody tells you that running will ruin your knees, that person is never a runner. Number 43. The miracle isn't that I finished. The miracle is that I had the courage to start. And that's from John Bingham. Number 44. No one ever drowned in sweat, or rain or snow for that matter. Get out there. Number 45. In running, it doesn't matter whether you come in first, the middle of the pack, or last. You can say I finished and there is a lot of satisfaction in that. And that's from Fred Lebow, who is the founder of the New York City Marathon.

Number 46. It always seems impossible until it is done. Nelson Mandela. Number 47. Comparing yourselves to others is a dream killer. Stay in your

[The Not Your Average Runner Podcast](#) with Jill Angie

Ep #50: 50 Things I've Learned from Running

own lane. Number 48. The feeling you get from a good run is way better than the feeling you get from sitting around procrastinating your run.

Number 49. It won't always be easy or fun, but I promise it will always be worth it. And number 50, which I think sort of encapsulates everything I've taught you on this podcast, the body achieves what the mind believes.

Okay rebels, I hope there was something in that list that really rocked your world or at least gave you some food for thought. And as a thank you for sticking with me through 50 fucking episodes, I'm going to do a giveaway of a Not Your Average Runner swag bag to one lucky listener. So all you have to do to enter is screenshot your favorite podcast episode. It doesn't need to be this one. It just needs to be your favorite, then say why it's your favorite. Post it on Instagram or Facebook and tag me. I will be drawing a winner at random in October, so make sure that you tag me and enter because this bag is going to have some fun stuff.

We're going to have temporary tattoos, I'm giving away signed copies of my books, I'm giving you stickers and water bottles and there's just going to be some really fun stuff and a couple of my listeners that are super artistic have actually created some art for you that's going to go out in that swag bag as well.

So that's it for this episode, rebels. Thanks again for letting me be in your ear week after week. It does mean the world to me and everyone that has written a review and shared it or written directly to me to say that it's made a difference for you, I just want to say thanks for being a listener, thanks for spreading the word, thanks for helping me reach the goal of getting a million more women up and running, feeling confident, feeling love for themselves, and living kickass lives.

So I'll be back in a couple days with an amazing interview from one of my clients and she's going to tell you all about how she has changed her life

[The Not Your Average Runner Podcast](#) with Jill Angie

Ep #50: 50 Things I've Learned from Running

through doing this thought work and through running, and you are not going to want to miss it. Talk to you later.

Thanks for listening to this episode of *The Not Your Average Runner Podcast*. If you liked what you heard and want more, head over to www.notyouraveragerunner.com to download your free one-week jumpstart plan and get started running today.