

Ep #178: The Rebel Runner Roadmap



Full Episode Transcript

With Your Host

Jill Angie

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

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Real quick, this episode is all about The Rebel Runner Roadmap and how it can help you, yes you, become a runner in the body you have right now. No matter your weight, your age, whether you think you have no motivation or are the least athletic person who ever lived, I can help you start.

I don't teach running like anyone else and I can help you become a runner in 2021. And I'm going to tell you exactly how in today's show.

Welcome to *The Not Your Average Runner Podcast*. If you're a woman who has never felt athletic, but you still dream about becoming a runner, you are in the right place. I'm Jill Angie, a certified running and life coach and I teach women how to start running, feel confident, and change their lives, and now I want to help you.

Hey Rebels. Well, welcome to 2021 and to the third decade of the 2000s. Isn't that crazy? I know a lot of you remember the turn of the century and frankly, every time I hear that phrase, I think of how the phrase turn of the century always meant really old-timey stuff, like my grandparents who were all born in the 1890s.

And it just feels so freaking weird to apply it to current times. And not just current times because actually, the turn of the century happened 20 freaking years ago. Every single time I hear it, it takes me by surprise.

Anyway, this is the first *Not Your Average Runner* show of 2021 and actually, it's almost the three-year anniversary of the entire podcast, which started on January 18th, 2018. And seriously, I can't believe it's been that long.

Back when I first started the show, I wanted to make it to 10 episodes. That was my goal. I was like, if I fucking put out 10 episodes, I will have won the game. And now here we are at 178. It has been so fun. Thank you to

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everyone who has listened, everyone who has followed and shared and left a review. I appreciate you all so much.

And really, this is a perfect example of what I teach to my beginning running clients, which is start small, run for maybe 20 seconds, then walk for a minute, then run again, and get really good at that, then move on. Focus on what you want to do in the next 30 days. Not the next three years.

I mean, you can totally dream about where you want to be in three years, but your focus should be on what is right in front of you right now. Now, if you're brand new to the show, you're in the right place because today we're going to talk about what you can do in the next 30 days to become a runner.

Because you'd be amazed at how much you can accomplish in that time and how much your identity can shift in just 30 days. And I've created a very powerful resource called The Rebel Runner Roadmap, specifically to help new runners or runners who are starting again after taking some time off to help them all get up and running safely and effectively in just 30 days.

Now, The Rebel Runner Roadmap or as I like to call it, simply the Roadmap, it works so well because I designed it for women who don't feel athletic. And I designed it for women who may have concerns and worries about starting to run, like thinking that they weigh too much or that they're too old, or that their ass looks terrible in Spandex, which by the way, nobody's ass looks terrible in Spandex. Spandex is a miracle fabric.

Or maybe they worry that they might get injured or they're thinking other people are going to have opinions about them and basically, I designed the program that I needed when I started running. Because those are all the problems that I had.

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But what happens as a result of taking this class is not just that you start running, which is amazing, but you also start feeling like a runner, like a real runner. You identify as a runner and that makes it a lot easier to stick with it. You feel confident and proud and accomplished and generally kind of badass. That's what this program does for you.

So what I've done in today's episode is I'm going to talk a little bit about what's included, what you can expect from The Rebel Runner Roadmap, and then I've compiled the most common questions that I get about it and I answer them. So you can tell if it's the right choice for you.

So first of all, I think I said this before, but I don't teach running like any other running coach out there. And the reason is that other running coaches don't necessarily have the experience working with either plus size runners or runners that have always felt like they weren't athletes.

When you think about the typical running coach, it's somebody who's like, I just want to get my 5K time under 30 minutes, or I want to run that marathon in under three hours. And that's awesome. The world needs running coaches like that. But the world also needs running coaches to work with the people who have a lot of concerns and worries, who maybe feel uncertain, and are definitely not the average runner.

Most plans or apps, like Couch to 5K, we've all heard of that, they're going to give you a training plan. They're going to tell you how far to run each day and then that's it. They don't even have a coach. So you're just sort of on your own after that. There's nobody to ask if you're confused or if you need help. You can call the app developer if you have problems with the technology, but that's kind of about it.

So another option is of course to join a local program, and then you might actually get a little bit more instruction, but only during your training runs.

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And then most of those programs don't cater to anybody who runs slower than a 12-minute mile.

So if that's you, because I know that's me, you're going to be left running all by yourself at the end of the group every week. And I can tell you, I've had so many clients join my programs because of exactly this problem. They've joined a local running group that said, "Oh, we're great for beginners," and then five minutes into the first run, they're all by themselves and everybody else is way ahead and they feel like shit.

So I'm not dissing any of these training programs or any of these other coaches or anything. I'm just pointing out the facts that I want you to consider. And then of course, how The Rebel Runner Roadmap is different.

So again, The Rebel Runner Roadmap will teach you how to run like any other program. But we will actually teach you how. Like, proper running form. And by the way, running form is especially important if you're plus size, if you're over 40, if you've had issues maybe with your knees, if you've never felt athletic and you're concerned about getting hurt.

The program that I've developed is for slower runners, it's for back of the pack runners. It provides support every single day. You get a coach that has lived your experience already and has coached other women through that experience as well.

So you get support from somebody who gets you basically. Now, in the class, in the program, whatever questions you have, you can either ask them live on a Zoom coaching call or in our Facebook group. And not only that, all the other students in the class are like you.

So a lot of times, people will be like, "I can't make the live training calls." And I'm like, that's okay because I guarantee there's going to be somebody

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just like you on that call asking the question that you have, and that's the power of a group of women like you.

So the other students in this class, not naturally born athletes. Most of my students are plus size, in their 40s, 50s, or 60s. Their running pace is usually between maybe a 13 or an 18 mile or higher. So yeah, this is not your daughter's 5K app. The program, again, was developed by me. A plus size certified running and life coach. It has been tested on hundreds of women. Seriously, hundreds of women.

So the first thing I'm going to do is give you the rundown on how it works and then we're going to talk about the Q&A. So like I mentioned before, the class lasts 30 days and it's going to help you start running, stick with it, and feel awesome about yourself. And it's built around my four pillars of rebel running.

Now, pillar one includes all of the foundational skills like proper running form and breathing and pacing and run-walk intervals and stretching. It's about getting you up and running safely and in a way that is sustainable for you. Not something that you're going to do once and be like, "That was hard as fuck, I don't want to do that again." It's getting you up and running in a way that you're like, I could do that again, that was fun. So that's pillar one.

Pillar two is called the Rebel Mind, and this is the part of the class that helps you identify all the negative self-talk that's keeping you stuck, like those inner mean girl voices that say things like, "You're too fat to be a runner, or you're too old, you're too slow, you never stick to anything. Why should this time be any different?"

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We've all heard those voices. So pillar two, the Rebel Mind is where we start diving in. And then I give you the tools to shift that thinking so that you're excited about what you can do and proud of yourself for doing it.

Now, pillar three is called the Rebel Body, and this is all about making your body strong and flexible so that you can avoid getting injured and can be a runner for many years to come. I actually give you specific strength training moves to do, simple ones, so that you know exactly what you need to do. There's no confusion, there's almost no equipment required. You don't need a gym membership. You can literally do it at home in front of the TV.

And then pillar four is all about motivation. Because the hardest part of any running program is sticking with it even when you're not in the mood or when you're struggling. So I help you develop the mental strength to keep going, keep showing up for yourself, and just keep rocking it so that you can become the runner you want to be.

And then from there, I'll help you set some targets for yourself, whether it's a 5K or something else. And then I'll help you plan out how to train for it. So I've been a runner for over 20 years. 25 years? Oh my gosh, is that right? Since 1997. 24 years to be exact.

And in that time, I've learned a lot about running, but one thing that I know for sure that holds true with everyone is that running is about way more than just getting in shape. You might start running so you can have a smaller ass, and I totally get that. But what it does for most people is it transforms them.

It transforms their brain to be able to think differently about themselves, it's a true accomplishment. I almost think that running, especially when you're plus size or running when you are plus size is an act of rebellion against a

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fitness industry that wants you to believe that you have to be thin to be worthy.

And that's why I call it The Rebel Runner Roadmap. Because I want you to know that you are bucking the system when you decide to become a runner and you're not an athletic person. So when you become a runner, here's what happens. You start to define yourself as before you started running and after. There's a line in the sand. Your body and mind transform.

You become a more confident version of yourself. You learn how to shut down negative self-talk, and then you start to see the effects of your training everywhere in your life. And The Rebel Runner Roadmap is the key to all of that.

So how do we teach you all that stuff? It's a lot of great stuff, but you're probably like, yeah, how do you teach me all of that? First of all, every single week we have a live coaching call. It's over Zoom. You can ask any and all questions that you want. We have five of those calls within the 30 days.

And you have access to me and my assistant coaches all week long in the Facebook group. I also do bonus Facebook Lives each week, and then we have a members website where all of your course materials can be found, including recordings of the Facebook Lives and recordings of the Zoom calls.

Now, you get lifetime access to all of that. So here's what that means. You can take the class, The Rebel Runner Roadmap, as many times as you want, at no extra cost. I run it live at least three times a year, so you could take it, again, every single time you want. And any time we're running it live, you can jump in and retake that class, no extra cost.

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You have access to all of the training materials, all the videos and workbooks and everything, any time you want it, again, at no extra cost. You have a whole community of your fellow runners to ask questions of. Everybody that's taking the class with you, anybody that took the class before you as well are there for you to interact with, for you to connect with, for you to ask questions of.

You cannot get that stuff from an app. Couch to 5K does not give you all of that support. Can't get that from a book, can't get it from your local running store. In fact, if you sign up for a class at your local running store, like an eight-week class, for example, at the end of that class, they're like, okay thank you, it was nice working with you, you want to take that class again, you got to pay again. And you don't have access to the people in between the classes.

So I think it is the best value out there for the money, but let's talk about whether it's a good fit for you. So who is this program for? It's for any woman who is really kind of excited about getting started as a runner, but she isn't quite sure how to start. Or maybe she's like, it would be awesome to become a runner, but I'm too fat, I'm too slow, I'm too old, I look terrible in Spandex.

It's also for any woman who wants to brush up on her running skills or restart running after taking some time off. We get a lot of women that are like, "I used to be a runner 10 years ago, I've gained a bunch of weight, and I'm afraid to start again." This is the perfect program for you.

Not just because we help you restart running, but we help you sort out your thinking about your body, about yourself, about the athlete you used to be versus where you are now. Because there can be a lot of mental shit that comes along with that.

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So it's also for anybody who's tried Couch to 5K or another similar program in the past but had to give up because it was too difficult, you struggled to stay motivated, you couldn't get past week three, which is where Couch to 5K gets really hard.

It's for anyone who appreciates actual humans to help you stay motivated and accountable. If you don't like interacting with other humans, this might not be the class for you. If you're like, no, I prefer to figure everything out on my own, I don't want help, I don't like people telling me how to do things, probably not the class for you.

But if you like that stuff, if you want to talk to people who are going through the same thing as you, if you want to get help from a coach who's been where you've been and has helped hundreds of women get past it, then this is the class for you.

Again, if you are someone who thinks you're too old or fat or slow or whatever to start running, this is the class for you. I want to prove to you that you're not. And if you're somebody who loves the feeling of doing something difficult and then feeling really proud of herself afterwards, again, this is the class for you.

So let's dive into the most commonly asked questions that people have asked, and I'm going to go through them real quick, but I know you probably have at least one or two of them. So the first question that everybody asks is well, how much is it? I get that. It's \$98 for everything that I've just talked about. A full month of online training, including the five group coaching calls with me to master everything we talked about today, plus lifetime access to all of the course materials.

And yeah, it does cost more than a free app and it's more expensive than a book. It's probably about the same as if you went to your local running

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store and found an in-person training group. And it maybe costs about the same as two months of a gym membership. That's sort of what you can expect cost wise.

But here's the deal, again, with a gym or a local running program, you don't have somebody like you that's on your side. Have you ever gone to the gym and seen an honest to god plus size trainer or a plus size coach? And if you have, awesome. That makes me super happy to hear that.

But most of you have probably not. You're going to go to the gym and there are going to be these people that don't have your lived experience. So this is a special experience. The Rebel Runner Roadmap, you will feel heard and understood as an athlete. You'll learn why you should start calling yourself an athlete.

You'll have a coach that can help you with your specific struggles, both during our live calls and in between them, and you're not going to get that from Joe Smith, ex varsity track runner, or some high school student that your gym hired as a personal trainer. He doesn't understand you. I do.

And again, when you join a local running class, you don't get lifetime access to come back and take it again and again. You take the class and when it's over, they're like, hey, it was nice knowing you. If you want to take it again, they're like, okay, where's your \$98?

So yes, it's an investment. I get it. I believe you're worth it because I want you to feel successful and proud instead of feeling defeated and frustrated. And you will be proud of yourself at the end of this program. Your family will be proud of you. Your friends, your coworkers. Your kids are going to be like, my mom is a runner, yes she is. So I think that's worth the price of a few lattes.

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Okay, so now that we have that part out of the way, let's talk logistics. So how do you sign up? You go to rebelrunnerroadmap.com to join. It is that simple. We're also going to have a link in the show notes but again, it's rebelrunnerroadmap.com. That's it.

When does it start? January 18th is the official first day of class. The first coaching call is January 19th. All of our coaching calls are on Tuesdays at noon Eastern and they are recorded. And the recording is posted within 24 hours so you can listen to it.

The Facebook group however is open right this minute. Everyone is mingling and getting to know each other, so even though class doesn't start until the 18th, you can sign up today, get in the Facebook group, and just start talking with everybody and figuring out what's what.

Alright, another question I get frequently is, "I'm a beginner and I just started walking regularly. Can I be a runner?" So if you're currently able to walk for 45 minutes, you can do this course. No problem. You can walk as much as you want or need to in this program. Nobody's going to make you run for 45 minutes straight. This program is designed to meet you where you are.

Can you use it to train? Can you use this program to train for a 5K? Absolutely. In fact, as part of the program, you will get a 5K training plan. You'll also get a 10K, half marathon, and a full marathon training plan because I want you to dream big. But if you need to start with 5K, which most of you will, we're going to give you that as well.

Our 5K training plan is eight weeks long, which means that this class is going to - depending on how you start with the beginning of the class, you could get halfway through the 5K training plan, or what I usually

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recommend for most people is that you take the 30-day class, and at the end of that class, then you start training for your 5K.

So you spend a month getting the basics under your belt, and then you start training for a 5K. But again, you're going to have the skills to do all of this cool stuff as a result of this class. And so 5K, 10K, half marathon, whatever, if you can dream it, you can achieve it.

Will you teach me how to do run-walk intervals? Absolutely. It's actually what I recommend for most people. And I'll help you figure out what the best ratio of running to walking is for you. It's kind of my superpower. I'm like the interval whisperer.

What if you don't want to go too fast too soon? Guess what? I don't want that for you either. So this program will have you going at your own pace, there's no requirement to sprint or do anything else that doesn't feel good to you. I want you to be successful and proud. Not injured and frustrated.

And now, it's cold outside or it's hot outside, wherever you live. If you're down under right now, I'm in the US, I'm in Northeastern US, so it's on the chilly side. So you might be in Australia and it might be the middle of summer. So it's hot and it's cold in a lot of places right now, as it is all year long. But they run marathons in the Sahara desert and on Antarctica.

So they run marathons in the most extreme hot and cold and so if they can do that, you can run a 5K in some warm weather or some cold weather. So I'll teach you how to dress and run so that the heat or the cold isn't an issue for you, and also how to master the treadmill so you can keep training indoors in case the weather is really, really a blast furnace outside or just zero degrees Celsius.

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I've canceled my gym membership because I never used it, and this program could turn out the same way. I'll sign up and quit before I ever get started. So I hear you. There's been plenty of programs in my life that I've signed up for and quit. But the great thing about this class is not that we - we do tell you what you need to do to become a runner, but we help you shift your mindset so you can stick with it.

You're not on your own. This isn't like when you join Orange Theory and you sign up for a bunch of classes and then you have a hard time going. You're not on your own with this. You have me, you have my assistant coaches, you have a whole community of women just like you to help you stay focused, stay motivated, and stay in the game. And I promise you, this is going to be fun. This is going to be something you don't want to miss out on.

Alright, another question. I weigh over 250 pounds and my brain tells me I'm too fat to run. I can 100% assure you that you are more than ready to be a runner. I weigh more than that and I have finished several half marathons. So you can walk as much as you want to or need to in this program. There is no requirement to run the whole thing. Again, we will help you figure out what works for you.

I don't have enough time. Here's the deal, my friend. Everyone has a crazy life. We all do. And running doesn't take nearly as much time as you think. If you can carve out 30 to 45 minutes three times a week, you have enough time to train. Most people spend more than that on Facebook every day. Really think about that. Or Instagram, if you're obsessed with Instagram reels the way I am.

Okay, I have an injury, is it okay to do this program? So if you're injured, the first thing you need to do is get well. I mean, you can sign up for this program because you do get lifetime access. So you could start it when

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you're ready, but I don't want you to start actually taking those first running steps until you see your doctor, get into physical therapy, and get yourself healed. And then you can start running with the next class.

Alright, am I committing to a monthly membership payment by joining this class? No, you are not. This is a one-time program, a one-time fee. At the end, we will invite you to join Run Your Best Life, which is a monthly membership, but you are under no obligation.

The Facebook group and the live coaching calls for the Roadmap end after 30 days, so if you want to keep connected to your coaches and your community after the program ends, joining the membership is an option, but it does not happen automatically, and it definitely will not happen without your expressed permission. That is my guarantee.

So one-time fee for a 30-day program. There's no automatic membership, whoops, like six months later you're like, hey, they've been charging my credit card this whole time. That's not going to happen.

I do get people asking me why they can't just join the Run Your Best Life membership directly. And right now, The Rebel Runner Roadmap is the only way to get into Run Your Best Life. The Roadmap teaches you everything you know to get started and then Run Your Best Life helps you take it to the next level.

So we want to make sure that you're successful in Run Your Best Life, which is why we require you to go through The Roadmap first. The skills we teach in The Roadmap will ensure you're able to jump into the membership community without feeling confused or behind. So right now, join The Roadmap and then you can worry about all that other stuff later.

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Now, another question I get pretty frequently is, “Well, I’ve been a runner for a long time already, is this program too basic for me?” And the answer is no. I’ve had dozens of experienced runners take this class and up-level their running as a result. Whether you’ve been running for 10 years or today’s your first day, The Roadmap is all about making sure your foundations are on point. Your running form, your intervals, your strength training, all of these contribute to making you a strong runner.

And I have actually found that many experienced runners lose sight of those foundations and they get into habits that lead to injury. And then the other piece of it that most runners don’t have is we go deeply into the running mindset so you don’t end up feeling overwhelmed or stressed or discourage because what I do in this class is, I help you stay focused and motivated so you can just really up-level your skills.

Okay, next one is, “I’m nervous about making the commitment. I did a 5K a few years ago with a friend but I don’t know if I’m motivated to train on my own. Will calls and online support be enough to keep me accountable?” Great question. So the calls and the online support are some of the tools that we provide to help you learn to be accountable to yourself.

That’s the whole point of the calls and the online support. So you’re not going to learn just how to run. We are also going to help you learn that accountability. One of the skills we work really hard on is motivation and how to create it. So you never have to rely on somebody else to keep you going.

“I’ve been doing your free 30-day training course, is this the next step?” Yes ma’am, this is the perfect next step after the 30-day free training. “I’ve started and stopped a lot of training courses, I don’t believe I’m motivated enough to stick with it.” This is actually very similar to the other question.

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But again, here's the deal; motivation is something that you create. It is not something that you have. It's not like the weather and it just rolls on in. Here comes the motivation front. That's now how it works. You create it with your thoughts and in this class, you will learn the skills to create motivation.

“What if I'm not on Facebook? Will I be missing out?” That's a great question. I do get asked this a lot and here's the answer. The live coaching and the course materials are actually not on Facebook. They're on a separate members site. We do the live coaching over Zoom, all of the downloads are on the members site. The recordings of all the calls and the recordings of any Facebook Lives that I do go on the members site.

So you can totally get what you need for this course without ever touching Facebook. What many of my students do though who are not on Facebook is set up an account just for this class. They may even use a fake name. They don't friend anybody. That way they can stay out of all the usual social media drama and time sucks, but they can still belong to the community and get what they need. But again, it's not necessary. You can totally get what you need from this class without using Facebook.

“I travel a lot and I don't know if I'll be able to attend the group coaching calls.” This happens frequently. And maybe it's not even that you travel a lot. Maybe you are already on Zoom calls all day because you're working from home and you have to be on Zoom for that. Or maybe you have to supervise your kiddos being on Zoom.

So I totally get it. All of the training calls that we do are recorded and posted on the members website within 24 hours. So you do not need to attend live to get what you need. You can submit questions ahead of time to be answered on the call, you can ask questions in the Facebook group at any time. We try to be available as much as possible for you.

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When are the coaching calls? They are for the January 2021 cohort, they are on Tuesdays at noon Eastern. And do I need special software to attend the calls, just Zoom. So coaching is done over Zoom. If you're unfamiliar with it, although I'm not sure if anybody's unfamiliar with Zoom anymore, thanks to COVID. But Zoom is simply a free program you can download to your phone or your computer. Video is not mandatory. You can just join with audio if you want to. So we make it as easy as possible.

Now, just for fun, I asked some previous students to share their thoughts on the Roadmap and how it helped them. And I'm actually going to go through, there's just a few of them, just two or three. I'm going to read their words verbatim so that you can kind of get an idea of what you can expect as a result of going through the Roadmap.

So Rebecca Walenfells said, "I started with the free 30-day running start kit." So that's the free 30-day plan on my website. "I started with the free 30-day plan, which got me moving, thinking about form and introduced me to run-walk intervals. The Rebel Runner Roadmap was a whole level up. Not just on running form, but it changed the way I thought about myself and my running. It's the reason I call myself a runner and believe it. It's the reason I love running. The Roadmap costs less than a great pair of running shoes," very true, "but what is taught in The Roadmap is more valuable for your running and unlike shoes, will last you a lifetime."

I love that so much, Rebecca. Barbara Joweeckly says, "The Rebel Runner Roadmap got me running again." So here's somebody who used to be a runner and stopped, and she came back to it. And she says, "I became paralyzed with worry about judgment while seen running in my Not Your Average Runner body. I started The Roadmap in March, and by October, I ran my virtual full marathon.

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I learned the importance of stride, strengthening, stretching, but most of all, I got emotional support to push through the mental stuff. The quote of Jills I think of often when I start to feel like I shouldn't be seen running is their opinions of me are none of my business. I even started wearing loud colors and crazy prints in my running clothes, instead of my old standby black from head to toe. I have learned that I am in fact an average body because I have surrounded myself with like-bodied strong women. I don't put limits on what I can train to do. I have found my people."

So fun. And I remember the moment that she finished her marathon. It was amazing. It was amazing. Heather Jackson says, "I had come across a half marathon scheduled for my birthday on Facebook and I had never run farther than a 5K. My boyfriend told me I could go that far, so I knew I had to do it and was determined to do it."

I love this. "I was searching for half marathon trainings, I found Jill, then The Rebel Runner Roadmap. It started me at the beginning, and I was able to take what I learned and train for my half. Even after it went virtual, I was able to take the thought work and run the half by myself and earn my medal." I love that, Heather.

And finally, Beth L said, "I started running with Jill's 30-day beginner program and just kept thinking, how do I get more? When I heard that The Rebel Runner Roadmap was opening, I knew I had found the next step. Going into the program, I was desperately hoping to learn more about my form, how to stick to it, be consistent, and tools to become a stronger runner. What The Rebel Runner Roadmap delivered was all of that, along with a fantastic community of wonderfully supportive women. The greatest gift that I received from the Roadmap was a toolbox to get me through six weeks of injury recovery, from thought work to alternative ways to stay strong and condition, the Roadmap delivered and I've returned to running stronger, faster, more consistent, and happier."

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So powerful. Thank you, Beth. Okay my friend, if you have struggled to get your shit together, if you're not sure whether you're doing it right, breathing, running form, intervals, or maybe you're terrified of being seen running in public, I get it. I have been there, and I understand you.

I also know how to get you up and running and feeling great about it. I know how to coach you on all of the mindset issues that are holding you back, and I know when to give you tough love. Just ask my clients. I also know how to help you feel confident and badass.

The bottom line here is I can help. So I hope this episode was useful to you. If nothing else, what I want you to know is that running is possible for you and whether you go with The Rebel Runner Roadmap or you go it alone, you can do this thing. I believe in you, mama. I believe in you hard.

Now, The Rebel Runner Roadmap officially starts January 18th. It is open right now for registration, so just go to rebelrunnerroadmap.com to sign up. We are going to have a link in the show notes, or again, you can just go to rebelrunnerroadmap.com.

And if you're listening to this episode after registration has closed on January 17th, you can still go to that web address and sign up for the waitlist for the next round in April. I got you covered. So like I said last week, 2021 is your year. I promise. Let's do this. I'll talk to you next week.

Oh, and one last thing. If you enjoyed listening to this episode, you have to check out the Rebel Runner Roadmap. It's a 30-day online program that will teach you exactly how to start running, stick with it, and become the runner you've always wanted to be. Head on over to rebelrunnerroadmap.com to join. I'd love to be a part of your journey.