

Miss DC International 2009 First 5k



Working with Coach Walter was so much harder, but so much more rewarding than I could have imagined. Before our first workout I knew that I was going to sweat, and I also knew I was going to train for a 5k run as part of my training. Running was not something I had ever been able to do for more than 10 minutes so the thought of attempting to run with other people was terrifying.

We worked with weights, mats, and park benches. Anything was fair game. Tourists or not, we were going to do those squats at the reflecting pool. We ran through Rock Creek Park, and did dips and push ups by the water in Old Town Alexandria. The scenery definitely helps to make up for the burn in your muscles when Walter is pushing you to do “just one more set of 15”.

The challenge for me was incorporating my weekly workouts, and strict eating regimen into my already busy lifestyle. I couldn't grab that snack on the go, and I had to find time to not just work out with him, but try to get to the gym two more days a week than I was accustomed, or at least go for a run. Anything to make sure I was on task. There were times when I thought to myself, is this something I can actually do, and times when my mind wanted me to stop but I pushed myself.

Completing that 5k is to date one of the greatest accomplishments of my life. I am more proud of my body and its abilities than I've ever been, and people don't just tell me I look good, but that I look strong. That is something I've never heard before. I learned that I owe it to myself to be healthy, and have a responsibility to my body to treat it well and find time to give it what it needs. I also learned that if I push myself just much harder there is so much more I can do.

In the short time I worked with Walter Lewis I gained more confidence, a healthier body, and a more informed understanding of how to stay this way.

website: www.missdcinternational.com