

# OMG What has happened to me?

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[looseit08](#) 21 posts since

Jul 22, 2008

Someone please help me out here. I did the C25K program and finished. Did very well. Stuck to it. Finished in 9 weeks. Ran my first 5k. Started the one hour runner plan, did it for a couple of weeks and WAMO. The time changed, it is dark when I get up, dark when I go to bed, and I am tired. I have been going to bed early and having trouble getting up. I am craving chocolate, and blaming that on PMS but it may just be an excuse. I was SO proud of myself. At the end of the C25K program about the time I finished I hit my 20lb. weight loss goal which had taken me about 10 months on WW. Anyway, I feel like I have gone from on TOP of the world to drowning in a sea of chocolate guilt. I have planned to work out tonight and I just want to keep running three times a week for atleast 30 minutes. It was so challenging on the C25k program and now I am not as motivated. Is this normal or am I just a lazy loser?



[dwm082](#) 1,172 posts since

Dec 14, 2007 1. **Re: OMG What has happened to me?** Nov 20, 2008 7:15 PM

What you're describing is quite common -- you're neither lazy nor a loser. I'd guess a couple of things are happening.

First, you no longer have a concrete goal the way you did with c25k. One hour runner also has a goal, but it's a little less tangible -- distance is more concrete than time. I had the same experience after my first (and so far only) half marathon and I'm experiencing it a little bit after my first (and so far only) marathon. Without having the scheduled structure of a program, I'm a little bit lost. For me, the only solution seems to be to find a goal race and get into a training schedule.

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Second, I think the time change and darkness coupled with the relative cold knocks out a lot of motivation. Given the choice between staying in bed and getting out to run is largely a matter of discipline. For me, that discipline comes only from having the fear of doing horribly in a future race, so I invariably choose to get out the door. Again, without a goal race, the bed tends to win these days. 😊

I'm also finding that I'm inclined to eat anything that I can outrun. Gotta work on that -- I'm already starting to pick up some weight....

Hang in there, and hook up with a group of people that will help keep you accountable! You're certainly welcome to join us on the Long Haul thread.

Don



[looseit08](#) 21 posts since

Jul 22, 2008 2. Re: **OMG What has happened to me?** Nov 20, 2008 7:38 PM

Thank you for the reply. It is funny how when I was reading it I was thinking to myself I really already knew what was going on, I just needed confirmation from someone. I am VERY happy to report that after 2 or maybe even 3 weeks with no runs I went and ran tonight. I had to do it on the treadmill, (too dark and too cold outside) but I did it. I did not run 30 minutes, only 21. I did not want to over do it after so long off. I pushed until it started to get a little uncomfortable and then walked to make it to 30 minutes. Still I think a 21 min. run after so long off is not bad. I feel a lot better and motivated. It was like I was back to my old self. When you start feeling down like that it is easy to forget how far you have come. I should still be proud and I guess I am! Thanks for the support. I will check out the thread

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you mentioned. I tend to post when frustrated or extremely excited. Right now I don't have enough time for the inbetween updates, but atleast I know where to go when I REALLY need someone to help me out! Thanks again!



[superhop](#) 5 posts since

Jul 29, 2008 3. **Re: OMG What has happened to me?** Nov 24, 2008 7:43 AM

👤 in response to: [looseit08](#)

I had a similar problem. I decided to start on a 10k goal. The program ([www.halhigdon.com](http://www.halhigdon.com)) has you doing some cardio and weights which will break up your routine and make you stronger and a better runner. I have found that it really helps. I am motivated again and now have run over 4 miles.