

# Big Plans for 2009. Where to start?

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[looseit08](#) 21 posts since

Jul 22, 2008

2008 was good. Lost 20lbs. Ran my first 5k without walking! Finished the C25k the first time I tried. Lots of good stuff. NOW, on to 2009. 20 more lbs. to loose and lots more running to do. So, this is what I was thinking. I have not ran or walked for that matter, in about three weeks. So, I was thinking of just doing the C25k plan over again. I do better with more structure like a plan and think it will keep me moving. So my question is, if I start the plan over again will it be easier this time around and do you think my time will improve?



[ActiveJacques](#) 6 posts since

Dec 29, 2008 1. **Re: Big Plans for 2009. Where to start?** Dec 29, 2008 9:21 AM

You have a loose screw.

I want to lose weight.

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[woodwoman](#) 172 posts since

Jan 30, 2007 2. **Re: Big Plans for 2009. Where to start?** Dec 29, 2008 9:20 PM

Well done for 2008!! Yes, I think you'll find it easier this time around. I know that for me personally, I do much better when I'm following a plan as far as running. I may have to repeat a day/week here or there, but I really need the structure. So go for it! Good luck! (And I lost 35 pounds in 2008 but need to lose another 15 so we're in that boat together!)