



This Mum Runs

Jo Pavey

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'My life is different now. My priorities are different. I used to plan my day around running. Now I grab a pack of mini cheddars in the car before a long run because I haven't had time to think about anything else. I eat food my daughter Emily has dropped from the highchair to the floor, like every other mum.'

Jo Pavey was forty years old when she won the 10,000m at the European Championships. It was the first gold medal of her career and, astonishingly, it came within months of having her second child.

The media dubbed her 'Supermum', but Jo's story is in many ways the same as every mother juggling the demands of working life with a family – the guilt, the sleepless nights, the endless nappy changing, the euphoric highs and the desperate early-morning lows. The only difference is that Jo is a full-time athlete pushing a pram on her training runs, fitting in her core work on the sitting room floor while her daughter has her lunchtime nap, and leaving her children to build sand castles in the long jump pit while she hits the track.

Heartwarming and uplifting, *This Mum Runs* follows Jo's roundabout journey to the top and is packed full of hard-won advice whether you're an amateur jogger looking to get fit, or a seasoned veteran. It is the inspiring yet everyday story of a mum that runs and a runner that mums.



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