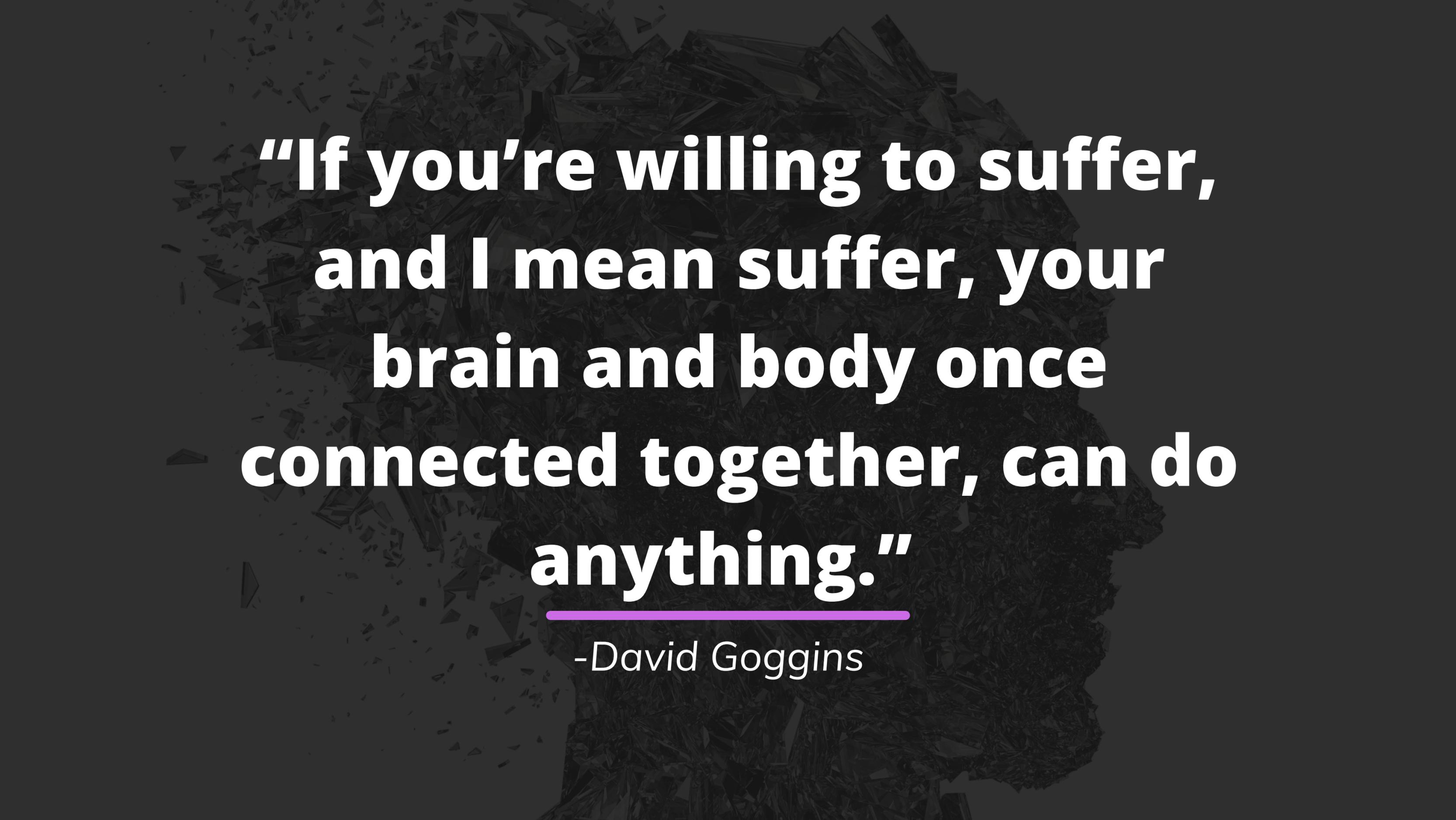


Year 4 #nodaysoff

My Resilient Journey: From Setbacks to Triumphs
By Ilana Frenkel Kearns



**“If you’re willing to suffer,
and I mean suffer, your
brain and body once
connected together, can do
anything.”**

-David Goggins

**On December 7, 2020, I set
out on a journey called
#nodaysoff Here's what
happened.**

One He** of a SH*T Show since 2020

Divorce

Isolation

Moved 7x

Hair cutoff while sleeping

Totalled car in accident

Hit by a car while running,
leaving me with a broken
elbow

But the *adversity didn't get me down*. Instead, it fueled me.... and magically made me stronger. Here's how the last 4 years played out:

I researched on Strava how other athletes trained and **double-downed** on my own efforts. And against all odds I never took a single day off of training. Not once in 4 years.

1.7+ million yards of swimming

29,000+ miles of cycling

7,500+ miles of outdoor running

Certified open water scuba diver

And I turned myself into one h**l of an athlete...
at age 47

22 minute 5K

48:31 minute 10K

1:06:40 15K

1:45:49 Half Marathon

3:43:47 Marathon

6h24m 70.3 IRONMAN (1.2 mile
swim, 56 mile bike ride, 13.1 mile run)

But that's not all.....

An **IRONMAN** is:

2.4-mile open water swim that must be complete in 2 hours and 20 minutes

Immediately followed by a 112-mile bike ride that must be complete before 10 hours and 30 minutes from the start of the race

That ends with a 26.2-mile run (a full marathon) before 17 hours from the start of the race

There is an average of 1 female athlete for every 11 male athletes on the 140.6 mile course

I am an IRONMAN!
November 4, 2023
IRONMAN Florida



But that's not all.

DARTMOUTH ST

BOYLSTON ST

ONE WAY

I qualified for and ran the 2024 **Boston** Marathon



Here are my top lessons learned:

When someone tells you it can't be done, understand those are **THEIR limitations**, not yours.

Motivation is complete BS. No one FEELS like running in 20 degree temps. You train for your goals which should be bigger than yourself.

We are constantly told work together as a team, conform, there is I in team. People are social animals. I am here to tell you the **most important relationship you will ever have in your life is with yourself and g-d.** If you are void of these relationships, no one can ever fulfill you. Stop seeking external validation.

Adversity is a beautiful gift. Don't waste it.

You will **never** regret a training session. Ever.

Confidence comes from keeping promises to yourself. You do that enough and you no longer seek external validation or care what others think.

Don't get so focused on the end goal that you forget the **amazing journey to get there**

A group of people are swimming in the ocean, their heads and arms visible above the water. The scene is captured in a dark, monochromatic style, with the water appearing as a textured, dark grey. The text is overlaid on the center of the image.

What's Next?
Bigger Goals
And... something
Toxically Positive.

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