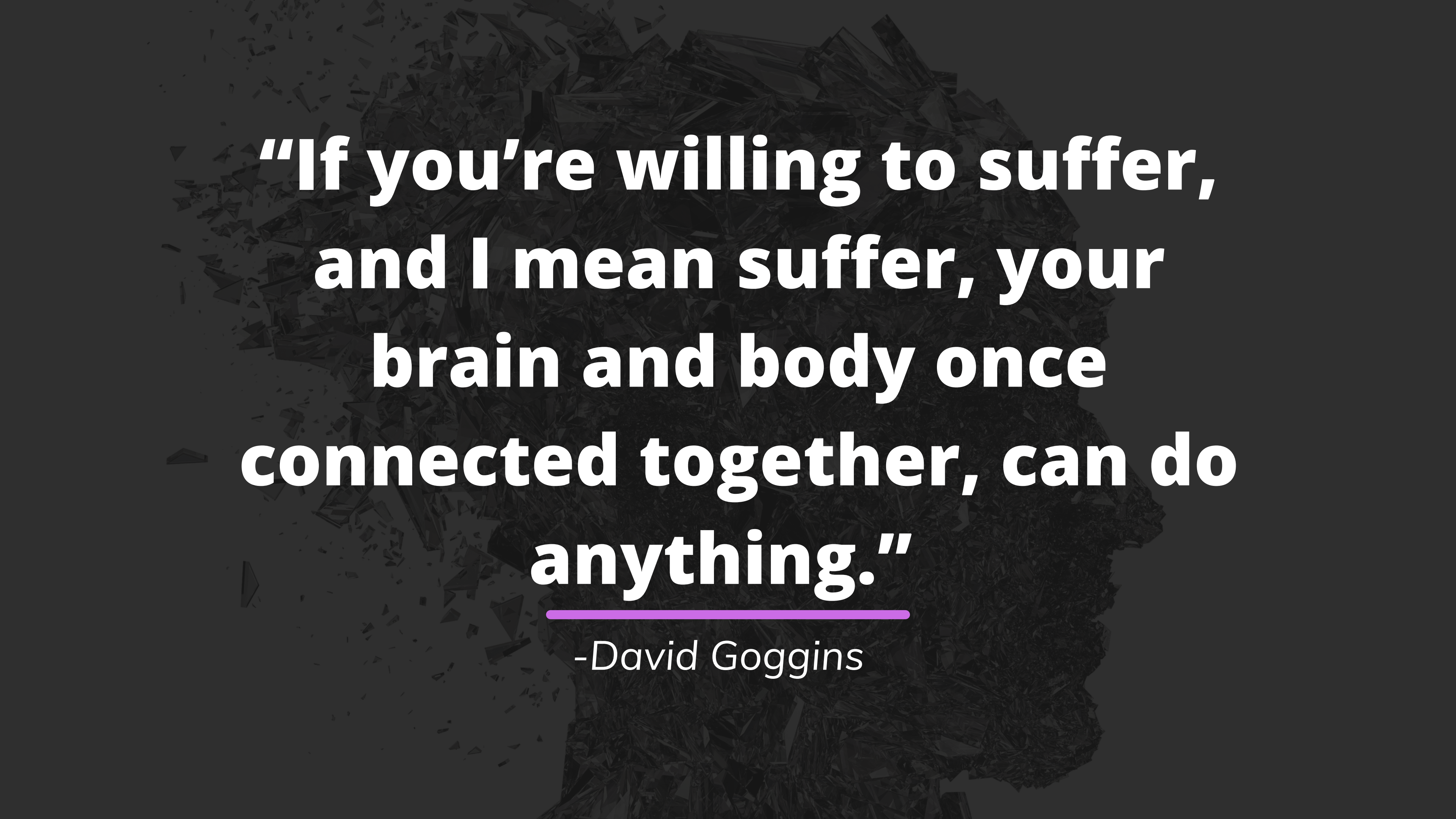


# Year 4 #nodaysoff

---

*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.**





# I qualifed for and ran the 2024 Boston Mararthon





# 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**





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





# Contact Information

---

## e-Mail

ilanafkearns@gmail.com

---

## Phone

470-717-7229

---

## Portfolio

<https://goatmatters.com/>

---

## Strava

<https://www.strava.com/athletes/33225294>

---

## Athlinks

<https://www.athlinks.com/athletes/362323434>

---

## Ironman Foundation

<https://ironmanfoundation.donordrive.com/participant/Ilana-kearns>