

Lauren Fleshman

Quotes

*Sports, Moving, Running, Thinking, Choices, Passion, Tweak, Workout, Failing,
Found, Pain, Trying, Letting Go, Lifts, Recovery, Pursuit, Perfect, Definitions,
Prove, Heartbreak*

Fear is gradually replaced by excitement and a simple desire to see what you can do on the day.

~Lauren Fleshman

Anyone can train hard. Do you have the discipline to recover?

~Lauren Fleshman

When you're a dreamer, heart break and failure come with the territory, but I can tell you it's worth it, because it's a way of living that is both moving and memorable.

~Lauren Fleshman

When you recognize that failing doesn't make you a failure, you give yourself permission to try all sorts of things.

~Lauren Fleshman

I may not be the lithest, the most talented, or have the fastest time in the field, but I have passion and courage, and sometimes that is enough to do something extraordinary.

~Lauren Fleshman

Make your race a playground, not a proving ground.

~Lauren Fleshman

Running is not who I am; it's something I do; it's something I love.

~Lauren Fleshman

Perfect preparation doesn't exist. Excellent adaptation does.

~Lauren Fleshman

By lifting each other up we lift ourselves up

~Lauren Fleshman

Sometimes we push ourselves. We take a workout and we use it as a

way to crack open our shell, let the pain rush in and push out the stagnant wounds of the heart. Sometimes a workout sets you free.

~Lauren Fleshman

I decided to make the life I want, and put energy into what moves me, and not rely on anyone for approval of my choices.

~Lauren Fleshman

We can't expect to effectively move forward with half the population carrying sandbags.

~Lauren Fleshman

Success has a very narrow definition in professional athletics: medals and records, and pursuit of anything outside of that is looked down upon.

~Lauren Fleshman

The Pre highlighted things I needed to tweak. I'm glad I ran there and found the things I needed to tweak and didn't find those things out here.

~Lauren Fleshman

Related Links:

- Sports Quotes
- Moving Quotes
- Running Quotes
- Thinking Quotes
- Choices Quotes
- Passion Quotes
- Tweak Quotes
- Workout Quotes
- Failing Quotes
- Found Quotes
- Pain Quotes
- Trying Quotes
- Letting Go Quotes
- Lifts Quotes
- Recovery Quotes
- Pursuit Quotes
- Perfect Quotes
- Definitions Quotes
- Prove Quotes
- Heartbreak Quotes