

MWC RUNNERS CLUB INSIGHTS

WHAT SANTOSH VERMA SAYS ABOUT RUNNING

AND WHY IT'S REALLY ABOUT LIFE

There's a particular kind of quiet that settles in around kilometre four of a long run — the noise of the day falls away, and what's left is just breath, rhythm, and the road.

For **Santosh Verma**, that quiet has become one of the most valuable spaces in his life.

What started as a simple personal test — "Can I run 5 kilometres without stopping?" — has, over the years, turned into a weekly ritual, a mindset, and a masterclass in discipline that reaches far beyond running shoes and finish lines.



We sat down with his reflections and pulled out ten lessons that every runner — beginner or veteran — will recognize.

“FROM "CAN I?" TO "OF COURSE I CAN"”

"At that time, even completing a single run felt like a significant achievement. What seemed difficult then has now become second nature."

Santosh's journey began with a single, modest goal: 5 kilometres, non-stop. Today, that same runner treats 30 kilometres a week as a baseline — and if life gets in the way and a run gets missed, the deficit doesn't disappear. It gets planned back in.

That's the first thing worth noticing: the goal didn't just get bigger. The relationship with running changed shape entirely — from effort to habit.



10 LIFE LESSONS MILE BY MILE

CLARITY OF THOUGHT

Running clears the mental clutter that meetings and notifications leave behind.

According to Santosh, some of his best decisions haven't come from a boardroom — they've come from a rhythm on the road, where the mind finally has room to think.

DISCIPLINE

Motivation is a spark. Discipline is what keeps the fire going.

On the days when the weather's bad or energy is low, showing up anyway is the muscle that carries over into every other commitment — professional and personal.

CONSISTENCY

No single run changes anything.

It's the hundreds of ordinary runs, stacked over months and years, that add up to something extraordinary. As Santosh puts it, this is a principle that applies just as much to careers, finances, and relationships as it does to fitness.

PLANNING

Thirty kilometres a week doesn't happen by accident — it happens because it's scheduled around work, travel, recovery, and everything else life demands.

Good outcomes, Santosh notes, are rarely spontaneous. They're engineered.

GOAL SETTING

Every big milestone was once a small, almost modest target.

5K became 10K became a weekly mileage habit. The lesson: intimidating goals are just a series of smaller, achievable ones, laid end to end.

RESILIENCE

Injuries. Fatigue. Bad days.

Every runner has them — and progress, Santosh reminds us, is never a straight line. What separates those who improve from those who stall is simply the willingness to come back after a setback.

THE POWER OF A MENTOR

Even the most self-motivated runner moves faster with guidance.

A coach spots the blind spots, corrects the small mistakes before they become big ones, and shortens the distance between trying and improving — a lesson Santosh sees echoed in leadership and career growth too.

NUTRITION IS TRAINING TOO

Training alone isn't the full equation.

What fuels the body directly shapes what the body can do — energy, endurance, and recovery all trace back to the plate, not just the pavement.

CHANGE REQUIRES STRUCTURE

Running without a plan yields limited results.

Real improvement — in running, in skills, in careers — comes from deliberate, progressive effort. There are, in Santosh's words, no real shortcuts.

THE JOY OF HELPING OTHERS

Perhaps the most rewarding part of the journey isn't a personal best — it's watching someone else believe they can run because they saw Santosh do it first.

Success, shared, means more.



THE FINISH LINE THAT ISN'T REALLY ABOUT DISTANCE



Learn from the experiences and wisdom of Santosh Verma, President of MWC Runners Club.

His insights encourage every runner to stay committed, inspired, and connected.

Santosh leaves us with a thought that captures the whole journey in a single line:

"Running is not just about moving from one place to another.

It is a continuous lesson in becoming stronger, wiser, and better — one step at a time."

For the MWC Runners Club, that's a fitting reminder: every kilometre logged this week isn't just training.

It's practice — for discipline, for resilience, and for showing up, again, no matter what.

