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Tim Tim Sharma

Tired of corporate job, finance analyst downshifts to running

Tim Tim Sharma, who won the 10k event at the Midnight Marathon, says she has never been happier after quitting a high-paying corporate career for a job in fitness training

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She still works long, gruelling hours, but Tim Tim Sharma is happier now working up a sweat in the open air than crunching numbers behind a desk in a corporate office. Running, she says, makes her feel complete and the reason for her being.

Not long ago, Bangalorean Sharma had a thriving career as a financial analyst before her, but when the cocktail of work and office parties got on her nerves, she quit it all and took to running. On Sunday, Sharma won the 10k run (women's category) at the Bangalore Midnight Marathon. She says she never ever regretted her choice to downshift — she quit her high-paying job last year — and now, with a win under her belt, she isn't likely to start.

Sharma had earned a post-graduate diploma from a university in New Zealand and worked hard to carve a niche for herself in the corporate world. After six years in New Zealand as a financial expert and two years at a leading company in Bangalore, she found herself stressed and frustrated.

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TIM TIM SHARMA

"I was tired of leading a mundane life," Sharma said. "Eight years into my job, I realised I wasn't meant for the corporate world. For a while then, I took to partying and drinking, but that appealed even less."

She decided she could no longer be bothered to be busy. "When I rediscovered fitness I realised it was my true calling. Quitting my job though, wasn't an impulsive decision. I worked on getting my certificates in fitness training and only then quit my job. Now I feel that running and fitness is the only thing that makes me feel alive."

Sharma isn't new to the sporting world. She won a medal at the national level in equestrian years ago. "I did equestrian for 10 years. I trained at the Agaram Riding and Polo Academy and was also a part of the Army Sports Centre and College team.

SHARMA'S ROUTINE

Sharma says she runs three to four days a week. "The distance depends on the race I'm training for. I mostly train with a runners' group called Proton. We run at Cubbon Park or Kanteerava Stadium and our workouts vary from speed and tempo training to building endurance. We ensure we do a hill climb once or twice a month."

Diet: "I eat very simple, home cooked food."

But when I went to New Zealand, I got too entangled in making a career as a financial expert."

Today, she freelances as a fitness trainer at Zumba. She takes regular classes at Whitefield. "I've been running for close to a year-and-a-half now and not for a minute do I regret my decision of giving up a high-paying job. I can't see myself doing a 9-to-5 job again."

Sharma has taken part in a couple of full marathons (42kms) and also featured in the TCS World 10k run. She ran the full marathon in Hyderabad and also took part in last year's Midnight Marathon where she finished second in the half marathon. Now, she has set her sights on top honours at the Mumbai Marathon in January.