



**Forum: Free Express i¼`è†ªç"±â`—è»Ši¼%º**

**Topic: Madreus "O paraÃ-so"**

**Subject: Re: Madreus "O paraÃ-so"**

Posted by: montanius

Posted on: 2013/11/18 22:30:32

I have to make a detailed plan. The first step will be taken in an hour, I wonder if I can run 12 kms today too.

He-he, I checked, Vienna marathon is held in April, if we won't have heavy rains and snow I could prepare...

(Anyway, I surely couldn't cover your time, hÃ¼pp...)

Quote:

linlin wrote:

Good! so let me be your motivation then...yes, you can do it, as long as you have a rest day in between.. I also did a lot of thigh strengthening exercises..hehe....you will like it.. it is squat ~~