



Forum: Gossip ĭ¼ê-è•Šĭ¼%o

Topic: Don't run away~~~

Subject: Re: Don't run away~~~

Posted by: montanius

Posted on: 2013/12/15 1:58:31

Dagege, you are a much wiser guy than me.

In fact I need this running, I am quite frustrated for my mistakes, it is better to get rid of this poisoning anger this way...

Tomorrow I have to take a break, I hardly could finish today's pensum... It felt like my knees were made of glass...

Well, playing the guitar, that must be a fun. Maybe a good sport - in a Jimmy Hendrix way for sure...

At running I don't use a watch. Knowing myself I'd try to break my records day by day, and I were down on days I couldn't, huhh...

Quote:

Iericow wrote:

Dashushu, you seem to be a even more eccentric guy than me. Always ready to do some experiments ...

But take care ... 15 km day after day will certainly "kill" you, because your immune system will get weak and bring you down in a short time!

Anyway, everything I force myself to do regularly ... puts away the fun and is getting boring after a short time. Nowadays, I don't run anymore with a watch or other "machines" at my arm ... just like to have fun and enjoy the environment. For me the correct speed is, when I still like to watch other people by running ...

I prefer to run every second or third day and do some other sport between ... like sleeping long or a similar hard sport like playing guitar ... or drink a glass or two of our good German beer. ;)

But this is only my experience ... you are sure a somewhat more hard-boiled guy ... when I think about your former daily trips with your dog ...