



Forum: Gossip i¼é—è•Ši¼%o

Topic: Don't run away~~~

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

Posted by: montanius

Posted on: 2013/12/13 23:40:08

You are very lucky with that 1 km... For me the first 3-4 kms are terrible. It's like when you should get up but you feel too weak for it. Normally that great joy comes after 8 kms. Sometimes I feel I fly - that is really great!

It's ok, it was an exceptional day. Probably 15 kms each day, off-road is a bit too much in the long run.

Quote:

songaiding wrote:

Good to hear that, but feeling sorry that that you do not have a good run, I have been running for a long time, and I have always find out that Running makes me happy, especially after 1kilometers