



Forum: Gossip ĭ¼ˆé-’è•Šĭ¼‰

Topic: Don't run away~~~

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

Posted by: linstruct

Posted on: 2013/12/14 10:19:12

Ferenc, try not to strain your knees too much..I must say you are a little bit too ambitious aye??

Pardon me for saying this, I will be disappearing again for a little while.. be good see you soon

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 ...

Quote:

montanius wrote:

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