

Thursday, August 2, 2007

The longest run so far...

Well... long way run today....

Rhebogue Meadows --> UL ---> Annacotty --> Back to UL --> Crossing the Shannon Bridge in UL --> Corbally Road ---> Parteen ---> Limerick ---> Rhebogue Meadows

Started reaching Annacotty, feeling perfectly fine, back to UL and in my way to Corbally I decided to give a go for the longest track I have ever planned in Ireland.... Turning to Parteen instead of heading back to Limerick.....

In Parteen I felt a little bit tired.. Just in Limerick, around the Castle I felt a little bit heavy...The sun was up and I was getting dehydrated that is the reason for all those sensations... I took long to reach Rhebogue Meadows and home, feeling really tired at the very end, needed Isotonic immediately.. The heat was creating the effect... and after that long run I was overheated.

And...that is was the best run of the year..also the longest.. Pleasant and perfect.. Tomorrow normal training.

Thanks

Gonza.

Posted by Gonzalo in Runner's Chronicle at 11:36