

Monday, August 6, 2007

Rainy Monday

Started to rain 5 minutes after leaving him..I wasn't warm enough to dry it off, to feel comfortable enough just took 20 minutes. It was constant, just 10 minutes rain with a 20 minutes frequency... I got the refreshing sensation. Smooth and fast run, the medium route, feeling like flying, light . No pains, only fatigue at the end, sign of dehydration. Arriving home, I prepared the isotonic straight away../ I took long to feel recover.. but it was perfectly fine after a whole.

Thanks

Gonza.

Posted by Gonzalo in Runner's Chronicle at 08:36