

Thursday, August 9, 2007

Tough Run

The weather was fine for my running but not me. So Tired... Arriving home late quick lunch and 3 hours just to get the run done wasn't good enough.. It was a busy day at work, up since 6:50 am and the last days training where piling to much tiredness I just felt yesterday before my training but, I need the go and I cannot be lazy at any respect, just try and keep going.

For several time I thought on quitting, slowing down and walking back home, but as far as couldn't feel any pain, just tired, I kept going until the end.

The time was fairly ok and it was nice to be out for awhile and to stick at such a nice routine.

Tomorrow resting day, having a break...Some stretching during the day..to get properly refreshed before going but on Friday.

Thanks

Gonza.

Posted by Gonzalo in Runner's Chronicle at 03:14