

RUNNING

Every effort counts

LET'S GET STARTED

google definition

Running is the action or movement of propelling yourself forward rapidly on foot

The rapid movement of one's feet at a pace that exceeds normal walking speed.

let's simplify

Running is a sport.

people do it to loose weight, to get fitter... blah
blah

Let me tell you about my running journey

how it started...



I am the kind of person that has a new hobby every week. I did karate, dance, pottery, photography...i played the guitar, well i tried to. And a lot more.

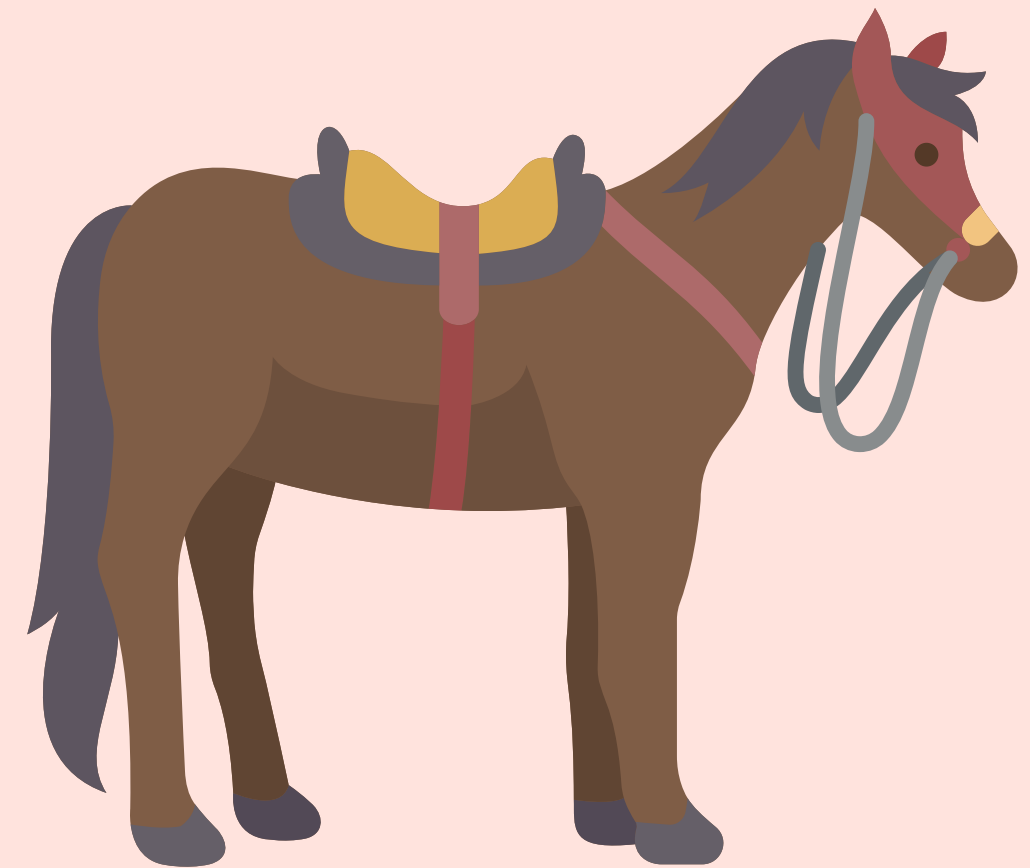


Anyway ...

The one thing i did for more than a half of my life
is no not running... it's horse riding!

Unfortunately life happened and i had to find a new hobby.
And even though I don't ride anymore, I spend every free time at
the barn with my horse Viky.

Horses will forever be a big part of my life.
But this presentation is not about horses, so lets get back on track.



So i had to find something else, a new hobby, a thing to do, gym felt boring to me so i tried distance running. I trained and signed up for my first 10K race, questioned my life decisions on the 6th km ... then signed up for another, right after i finished the race.



My friend then invited me to join a track team, and I thought " SURE what could go wrong, right? Right?....."

When i say i my legs hurt like never in my life, i mean I couldn't walk. But i loved every damn second of it.

IT'S OKEY TO FEEL TIRED !!!

It's not all fun and games, I won't lie to you, let's be honest, there are days i don't feel like running, living...

Those are the days you just get up, and get it over with, and believe it or not, you will feel better if you do.

And there is no motivation that will get you up.. it's discipline, ...sorry to disappoint. So search for discipline, not motivation It will get you further. And it's also completely fine to take a break, but you havr to be certain that you actually need it.

And that works in every situation... in life. Motivation is temporary, discipline is the way to go.

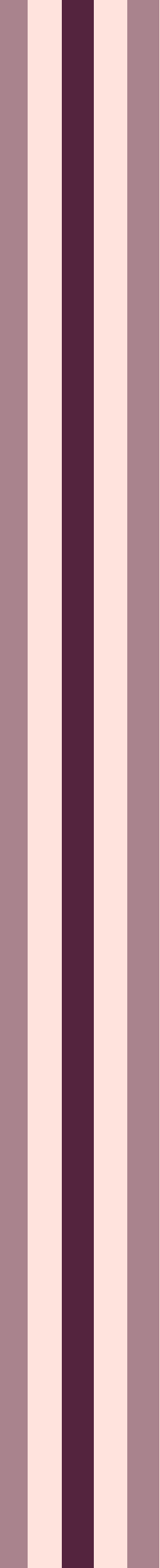
The "I HAVE TO go running" became "Yay i get to go run on the track with my teammates today! "
...

BUT WHAT IF YOU CAN'T RUN ?



Literally and figuratively

...



YOU WALK

Literally and figuratively

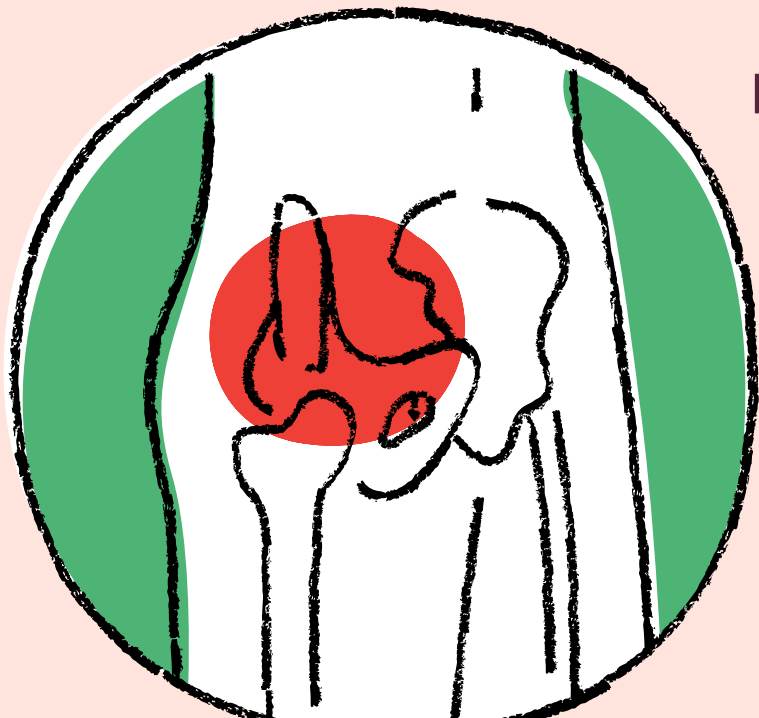
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I recently found out i have a.. lets call it " chronic health issue " that causes me quite a lot of pain and i really shouldn't be doing a high impact sport such as running. So i walk... figuratively... i take my pain more seriously, i am more careful and keep going as long as i can.

Will i be able to continue for long? No ... did i had a breakdown? yes.

But life goes on... and you never know where it will take me... and i'm okey with that
(not like a have a choice)



but hey... someone once said, if one door closes, find another one.

everything is going to be fine.



**THANK YOU FOR
LISTENING!**