Just relax

In the textbook, we learned a love letter to long-distance running. They writer showed her sadness when she was diagnosed[ˈdaɪəɡnəʊzd] unable to run. But at that time, I couldn't understand her love.

And we also have long-distance running in zhejiang university, we respectfully call him ‘daka’ on the surface, and we can sometimes use the question ‘Did you clock in today?’ to start a new conversation with strangers. But, we also can use the question ‘How many times have you clocked in so far?’ to ruin someone else's Day.

For the first period of time, we ran 3.5 kilometer every day firmly. We ran around the playground without any fun. Just step by step, we can’t realize the happiness the author gets from the long-distance running.

However, it is not a lack of beauty of long-distance running.It is our lack of discovery. Running clock in can be really fun.

You might think this is your path [pɑːθ] of particle[ˈpɑːtɪkl].

Very regular character

But actually, like this ,this or this

We firmly believe that after exercise, we can be faster and faster.

35minutes, 24minutes, 17minutes

But the starting point has not changed,35minutes, 42minutes, 44minutes, And you can't imagine my ability about time management

Yh, Reality gives us another blow.

But there's always a group of people unable to extricate  [ˈekstrɪkeɪt] oneself from Involution.

They achieve this effect by increasing their speed and increase their

mileage [ˈmaɪlɪdʒ] .

There are also some immortals [ɪˈmɔ:tlz].

It can be seen that long-distance running really brings us a lot of fun.Also, it will bring us a lot of help.

Regular exercise can not only enhance our physical immunity[ɪˈmjuːnəti], but also achieve the effect of strengthening[ˈstreŋθnɪŋ]  the body. If you keep exercising for a long time, you will also achieve the effect of weight loss. At the same time, exercise can accelerate[əkˈseləreɪt] the rate of metabolism[məˈtæbəlɪzəm] in the body, accelerate our heart rate and blood flow, and promote the body to continuously release heat. A large number of metabolic [ˌmetəˈbɒlɪk]  waste in the body will be discharged in the form of sweat, and the body will become cleaner and easier.

Long distance running also gives us change. It ensures that we can have a stronger body to study. Also, it teach us to improve our efficiency. [ɪˈfɪʃnsi]. From running to cycling and cycling.

That is all. Thank you.