

EAP2 Midterm Exam

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No pain, No gain

As everyone knows, the process of achieving goals in any field is difficult and requires a lot of effort. Exercise, especially running, was one of the difficult things for me.

Although I was not good at sports, I had to develop my physical strength to become a naval officer. Therefore, I decided to practice running to pass the physical fitness test of the Navy.

When I first started running, I was not ready for anything, so I decided to go to the gym. But I, who had never run properly, had a hard time even if I ran a little. To make matters worse, there were many restrictions due to social distancing caused by COVID-19.

So, I went to the stadium of my university to run. Compared to the gym, the Grand Stadium, which is more affected by the weather, was hot in summer and cold in winter. Nevertheless, I didn't give up and tried hard every day.

As a result of sweating a lot, I was able to run at a better pace than others. There were many obstacles to getting a good result, but I was proud that I overcame them. I hope others will not give up and try to achieve their goals until the end like me.

-MIND MAP-

