

# 2017010535 - New best Jordans for sale Release date

---

< p > to take part in a marathon, the focus of the most important is you want to Xianpao was finished, otherwise all the scores or target speed is just talk. Culture "finish" is the first attempt (whether full marathon or half marathon) marathon runner of the primary task, before a gradual, cumulative sufficient amount of training and match a single long distance long range jogging, will be able to develop good aerobic fitness and muscle endurance, but also can enhance your confidence, let you in the match day full of courage to embark on the starting line, because you know that you will successfully finish the race. image source: Running Taiwan Nike fan group < p > and to have finished the race, want to breakthrough achievements in runners, long distance training still have the necessity of the training, the more adequate amount of training, you in the long distance running Vietnam can do a job with skill and ease the mixing speed, the use of body fat as an energy source, you can under the foundation of physical fatigue, through the speed of practice to improve performance, if even finish the race was difficult, it should be to speed up the pace, the second half of the game may only physical decline, the stall in retreat. challenge the limits of self exploration, and break through the wall have you heard of the "wall"? Running body while burning stored in vivo hepatic carbohydrate and fat as an energy source, the glycogen will be given priority in the use of, and when the movement time is too long, the body glycogen is depleted, and fat to less than the supply of physical exercise, muscle will be due to a lack of energy and no work can be done, the brain will stop you "mutilations, wants you to stop, you will feel what is run down. At the same time, often on the verge of muscular endurance limit, legs like a thousand pounds, as if to run more than one step is very difficult, this is the so-called marathon wall. runs through the long distance training to develop muscle endurance, fat burning capacity is a marathon training program (photo source: Running Taiwan Nike fans group) < p > for the novice, because the body has not yet adapted to long distance running, muscular endurance and the fat burning ability is insufficient, so before the game should practice of long distance running, on the one hand through the movement of the muscle, training muscular endurance, on the other hand also to let the body under the situation of lack of energy, learn to use fat as an energy source, so in the course of the game, adipose conversion for energy efficiency will be relatively high, can timely make up for in vivo glycogen depleted of energy gaps. In addition, through the exercise of practical long distance, you also know that self chuck the occurrence period of time, in order to advance the energy supply. < p > long distance training runs, though important, but still should be carried out step by step, according to the table class exercises and a conservative to increase training capacity; and ran group or running friends together long distance endurance run is no longer fit also but, because of the long distance as its name is smelly and long, individual training run is likely to give up because the process is tedious, the group ran a friend in, ran to chat, you will find distance and time is no longer a long, complete a long-distance running, the original is not as imagined so difficult. select the appropriate equipment, find >

---

[Cheap jordans for sale](#), [Cheap jordans shoes](#), [cheap jordans for sale](#), [jordans retro 13](#), [cheap jerseys from china](#), [foamposites For Sale](#), [cheap nfl jerseys](#), [Cheap xxxi jordans](#), [cheap jordan 12](#), [Canada Goose sale](#), [cheap foamposites](#), [Retro jordans for sale](#)