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1. usually rarely run or run a short distance, the game suddenly increase the distance while also improving the speed. game is the training of the mirror, if you want to participate in the game, then it must be trained, otherwise do not participate in the game. 2. training is not the law, a sudden increase in the distance or speed too fast. increase and change is a prerequisite for improvement, but must have a degree, it is recommended not to increase the magnitude of more than 10% per week. 3. has set high goals for himself. based on past training and performance to develop a reasonable goal, or follow the familiar with their own expert advice. When the 4. state is not good, still force oneself to carry on the training of the big strength. It is advisable for to take temporary rest and passive rest in time. 5. in the continuous fatigue of the state, to participate in the game or the intensity of training. reduce competition, reduce the intensity of training, it is a good runner. 6. people for a long time or run speed zhengjianghaoqing, soared steep over the limit and people. can take the opportunity to improve, but there should be a reasonable degree. 7. lack of sleep, diet, work under pressure, such as poor living conditions, still a large intensity training. can not avoid the time, can only reduce the training intensity, to avoid the additional burden on the body. 8. do not want to eat, sleep, mental difference, muscle acid, fatigue, bad mood. this is a clear signal of fatigue, in time to rest or reduce the intensity of training. 9. do not want to run, hate running, slow, poor state or poor continuity. this is a clear signal of danger, take a rest immediately after a break, you should be careful to observe your physical condition. 10. for two consecutive days or more days to high intensity training. immediately adjust or rest for two days, in the future to avoid this situation as far as possible. 11. overestimate their ability, do not pay attention to the rest of the people in training. once the signal of physical fatigue, must stop the execution plan, forced to rest. 12. week day off too few people. It is necessary for the amateur to have a rest every 2 to 3 days a week. 13. older people are still excessive pursuit of success. is not the pursuit of no progress and fun, but there must be a proper sense of proportion. 14. knows that there is a small injury, still training and competition. small injury is necessary to raise the big, otherwise it is very easy to become a big injury. 15. every time the training will make every effort of the people. once a month to go all out, two times a week, the intensity of a large intensity, may be more appropriate. < >

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