Wed, 25 Mar 2009
10:36 PM

Workout

Today, I felt that my workout went pretty well. I ran a lot farther than I thought I would be able to and if it weren't for that huge hill, I think I would have kept going for a little while longer. I feel great, too and I'm itching to do it again tomorrow. My first goal is to be able to make it over that hill and pick up my pace.Of course, with working out also comes the notion of eating healthy. I hate it because when I try to eat healthy I always worry about eating to much so food is constantly on my mind. This causes me to eat more and I end up feeling like my workout was for nothing. I want to try and be more in tune with my body and be able to know when I'm hungry, when I'm full, and when to stop.

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Thu, 26 Mar 2009
10:29 PM

Workout

I'm completely thrilled with today's workout! I ran the same route again and was able to make it over the hill and continue running for about another hundred yards! I still want to be able to pick up and pace and continue running longer and longer distances. My ultimate goal is to condition enough to join my high school's cross country team.As for the food, that went pretty well. I'm still struggling with deciding what to eat and how much, but I'm doing the best I can. I drank a lot more water today and feel very refreshed. I ate before bedtime, so that's not very good. Also, I've heard that lunch meat is bad for you and that's a staple for my, well, lunch. Hmm, I'm going to have to come up with some alternatives.

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