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do you always run in the habit of the line? Playground, asphalt road, Riverside Park, sidewalks, these are common place to run, runners who always likes to run in their own familiar road, but you know what? If you can make good use of different running conditions, will let your training complement each other, more comprehensive training effect and because running is a movement of the repetitive movements, so if there is no proper alternating running places, the same way in the face of the impact caused by the body will continue to accumulate, with the passage of time may cause injury. moreover, from time to time to change the running place, at any time with a different view and feelings, but also to make running life more rich in one of the elements is not it? Let us take a look at the choice of running venues should consider the situation, as well as the advantages and disadvantages of different running venues, make good use of the environment, so that the environment has become your greatest power. soft and hard alternating, training a variety of muscle groups < p > a hard road running sense brisk solid, running efficiency is better, but relative to the body will have a greater impact; soft pavement can provide a buffer effect, make running landing feet get more protection, if it is not flat soft such as grassland, but also joint training practice ankle and leg multi direction and size of the muscle group and for coordination and joint proprioception will have great help. < p > Taiwan's environment if not Europe and the United States have diverse natural environment can choose, even in the suburbs, are also based on asphalt pavement, so run researchers if running skills are poor, it is easy to because of the impact of repeated pavement caused bone or joint damage. < p > suggested runners usually training, interspersed with soft and hard the road to train and increase soft amount of training, reduce the physical impact, relative relationship recovery time, so you can have more "fresh", the muscle to respond to the next training, such as on weekdays in the playground and running step machine alternating exercises, holiday more than run trail dirt road, or is asphalt road of long distance running is a very good collocation. to choose a running venue for the target event < p > if you are a cross-country running, but always in the tarmac to practice run, or you are a city marathon enthusiasts that is always running in the playground or Lin Daozhong, that your grades will be a bottleneck, because your body is not familiar with for a long time under the environment of target events run step. < p > try for your goal race, let peacetime training site to target race conditions, cross-country runners weekdays can run more grass, using cardiopulmonary treadmill training, holiday on the shuttle in between the trees; city marathon runners can be on the runway or on a treadmill and relatively safe speed exercises, and a mix of road running combat and long distance of the asphalt road training, to the actual road simulation of target events. make good use of the characteristics of different road surface < br / > the afore mentioned different road have different training effects, we must grasp their own weaknesses, use place to run to assist training; if your muscle strength is insufficient, in addition to weight training, it is suitable to cross-country running and running on the treadmill, the nature and stability of >

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