

WHMP: 6 April 2017

APR
Thursday 6

Big week roller has been all over the place this week so hard might having a quiet morning to myself. So instead of taking some out and relax. I decided to go for a walk. I did my walk to the supermarket but this time I took the hard way making up the side of the hill of byroads road then when I got to the shop I decided to shout myself some ice cream. The irony of walking to the shops to buy ice cream (which portion packed and reduced sugar). I then set off back home with my groceries in my like trolley and man I must have over stepped as the trolley was WAAAA!!! I was huffing and puffing like a fully steam train logging the trolley up the hills to get home. I got home and weighed the trolley and it was 24 kg. I used to have twice that on my frame and I somehow managed to function (even if I was a steam train) What a revelation for me. Its also amazing that I have the capacity to push myself on these harder walks while increasing my speed and the biggest shock of all I actually somewhat enjoy it!

