

it has been just over 3 years since i first started training in earnest, since i first visited the GYM JONES facility in SLC, utah. since i first saw in action what i had hardly even imagined possible. in those years there have been many workouts, many internal dialogues. i worked through many of the "standard" and foundation workouts, and while some were modified, i never quit. well, almost never. it was almost exactly 3 years ago when i took a 45# bar to the local track and gave it a shot. 4x OH walking lunges + 4x Push presses. 1 lap. not too bad right?

right...

i went maybe 50 yards, turned around, did maybe 40 and made a b line back to my truck, tail tucked and hands frozen.

i head out to salt lake city in 7 days, my 3rd time and am eager to learn, but i had some unfinished business to take care of.

i wasn't going to quit this time.

there was a minute where i actually thought it wasnt going to be so bad... and the first 50 m was alright, but, when the best you can say about the first 1/8 of a workout is that it is "alright" you are probably in for a long haul.

39:53. minor frostbite in my fingertips, and a touch of redemption.

and now, back to work.