

Three days to go

In the meantime I had some trouble with my knee running. But I have found some ways to get a better feeling of it. And now it seems like I understand better why it does hurt sometime. For the last four weeks this had last. In between I paused about a week or so, but also did some test while running in changing my pose. I also will do some bicycling, when it is getting warmer. This will strengthen upper legs without strain.

I prepare with about 30-60 km running a week until now. It is still quite cold outside (about 0 degrees, sometimes snow). I use the time also to prepare and upgrade equipment and look for some tools in the meantime.

As for now there are:

- GPS
- Software for GPS and HR evaluation, Plugins
- Scale
- Backpack
- Shoes
- clothings
- Cam, still looking for one

I will come back later with some reports in using all this.