

---

Subject: Re: soloution?

Posted by [demon|gw](#) on Thu, 28 Jul 2005 22:52:29 GMT

[View Forum Message](#) <> [Reply to Message](#)

---

thanx for backing me up

i know it sounds hard yeh..but wen we fitst started doing it 3 years ago we was running the 2 miles in around 13/14 minutes, but now we have done it for 3 years we have become more adapted to it. it gets easier as you do it more, plus, if u dont do it under 12 mins u dont get to play matches, so theres an incentive!! The deal is its 3200 (2 miles) and we have to run round a 400 metre track 8 times, so its 3200 metres (2 miles) so its 1 minute 30 seconds every lap, if u break t down into small pieces it aint that hard :D:D

btw, its not football as u mean it, its soccer to u, i think ur american? well im english. !!

anywayz, what is amnesty day? lol ^.^

---