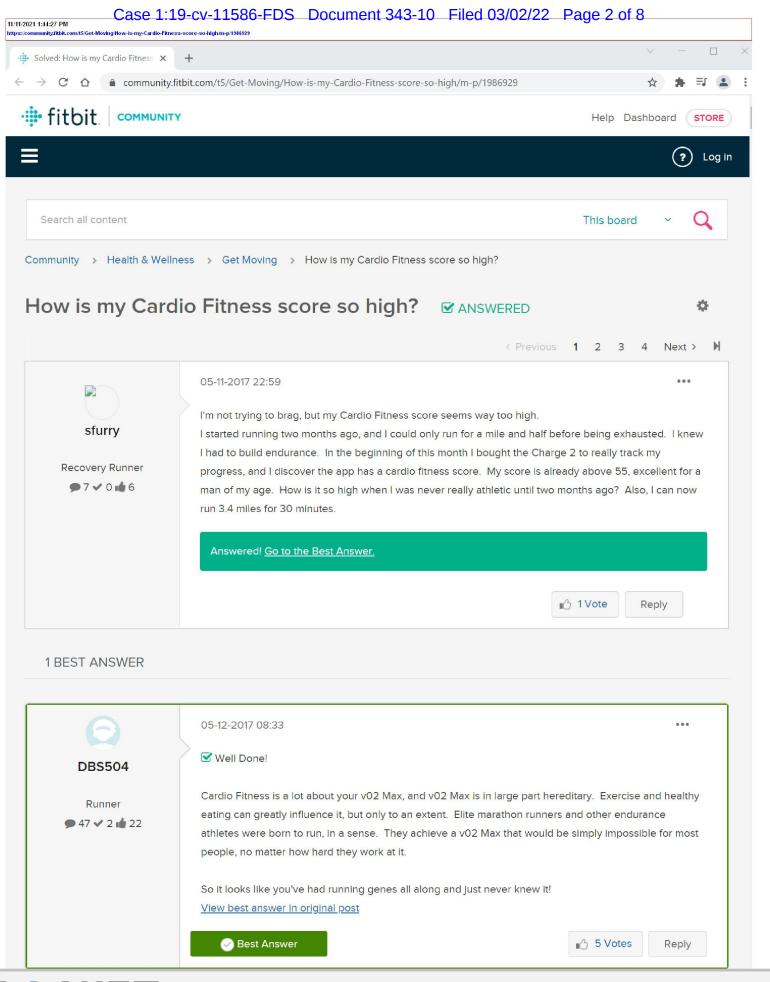
EXHIBIT AJ





62 REPLIES 05-11-2017 23:38 ... Yeah the body is a miracle machine for sure. A yr ago i couldn't ride an exercise bike for more than 5 Bill_k minutes and now i ride at a better pace for an hr a day plus walk the 10000 steps. Just have to get that old heart and lungs pumping. Hill Runner 270 < 14 id 148</p> 0 Votes Reply 05-11-2017 23:53 You get that score because you deserve it. Not many people run and you are actually more fit than you Esya realise if you can now run 3.4 miles for 30 minutes. Cross-Country Runner Karolien | The Netherlands ₱ 1147 60 1192 ♪ 5 Votes Reply 05-12-2017 08:33 ✓ Well Done! **DBS504** Cardio Fitness is a lot about your v02 Max, and v02 Max is in large part hereditary. Exercise and healthy Runner eating can greatly influence it, but only to an extent. Elite marathon runners and other endurance athletes 47 ✓ 2 id 22 were born to run, in a sense. They achieve a v02 Max that would be simply impossible for most people, no matter how hard they work at it. So it looks like you've had running genes all along and just never knew it! View best answer in original post Best Answer 5 Votes Reply 05-12-2017 08:41 PS. If you enjoy running and want to keep it up, I recommend joining a running group, or finding tips **DBS504** online. It will help you avoid injury, and continue your progression if you so desire. Hal Higdon is a source I always use. For brand new runners I always recommend the 30-30 Plan or one Runner of the 5K training programs. But you seemed to have progressed beyond that already, so maybe a 10K47 ✓ 2 id 22



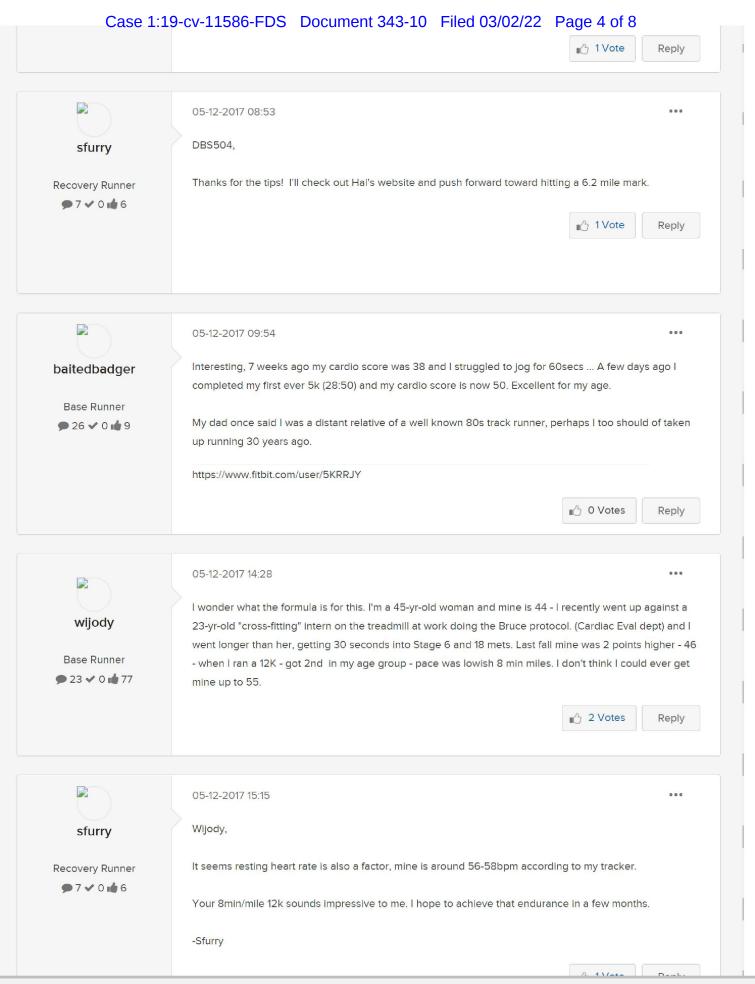
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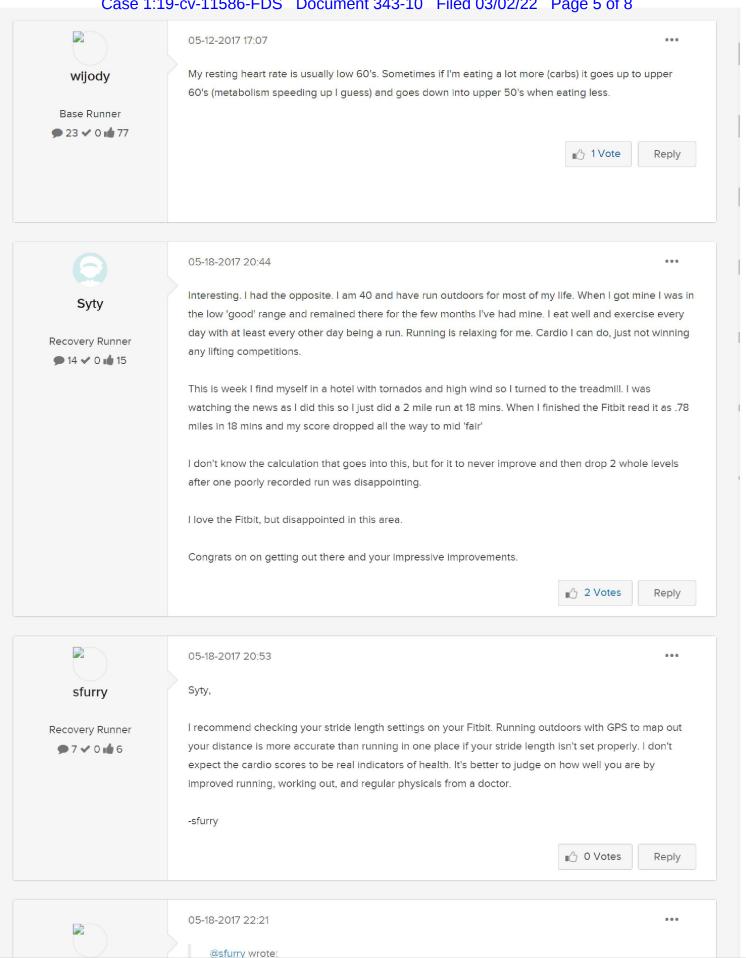
good way to work up to running 6.2 miles safely.

training plan? You don't even have to be training for an actual race if you don't want to, it could just be a

I'm not sure if links work here, I'm going to try to link you to Hal Higdon's 10k Novice plan. (He has free plans and interactive plans which you have to pay for, I've always found the free plans just fine.) If the link









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