

AN INSANE LIFE MEMORY: 500 KM WALKING CHALLENGE ON WATER ONLY IN JUST 22 DAYS 🏴‍☠️

500 KM ON WATER ONLY. SADLY NO 700 KM. BUT IT IS JUST IMPOSSIBLE WITHOUT ENOUGH FOOD. I BURN 8000 CALORIES ON EMPTY STOMACH. DRINK ONLY WATER. OR AQUARIUS WHEN I HAD THAT OPTION. BUT I HAVE ZERO EURO LEFT. EAT ONLY 3000 CALORIES BACK PER DAY AVERAGE. I CAN'T EAT LIKE AN KING. 8000 CALORIES ASKS A LOT OF YOUR BODY. MY LEGS ARE SUPERFINE. BUT ONCE I START TO MOVE I GOT BURNED OUT QUICK. THEY NEED WAY MORE TIME TO RECOVER. WAY MORE FOOD. I NEED TO EAT PIZZA'S AND PASTA ALL DAY. BUT SADLY ENOUGH THIS IS ONLY POSSIBLE FOR SPONSORED ATHLETES IN AN PROFESSION.

ONE THING IS 4 SURE: I WENT IN EXTREME CONDITIONS. FACED MULTIPLE TIMES MYSELF, PAIN, HALLUCINATIONS, HYPOTHERMIA, HAD BURNING DEGREES ETC. NOTHING STOPPED ME. I KEPT GOING DAY AND NIGHT IN COMBINATION WITH APPOINTMENTS AND THE FIRST 14 DAYS EVEN MMA AND 90 MIN PUSH UP WORKOUTS/DANCING.

THIS CHALLENGE MENT ALOT TO ME. IT WAS AN VERY HARD MENTAL TEST. AN INSANE AND DEMANDING PHYSICAL CHALLENGE. 500 KM IN 22 DAYS. OR 450 KM IN 19 DAYS. OR 250 KM IN 10 DAYS. OR 146,853 KM IN 2 DAYS AND 23 HOURS.

I HAD AN BLAST. THE TIME OF MY LIFE. BUT IF I NOW KEEP PUSHING I BASICALLY WILL INJURY ME VERY BAD BY KEEPING PRESSURE ON THOSE WEAK JOINTS. OR BY KEEPING PRESSURE ON AN MUSCLE THAT IS DRAINED. SO EASILY TO DAMAGE.

NO NO. I AM HAPPY. I HAVE ENOUGH. I NEVER GIVE UP. BUT THIS WILL BASICALLY END UP MONTHS IN REVALIDATION OR EVEN DEATH. MENTALLY I CAN KEEP GOING FOR AGES. BUT MY BODY ON THE OTHER HAND NEEDS TO TAKE IN MORE CALORIES. AND BECAUSE I DON'T HAVE THAT LUXURY I NEED TO GIVE IT SOME WELL DESERVED REST. AND ALSO I NEED TO GO BACK TO LESS INTENSE SPORT SESSIONS. ELSE I END UP BROKE 🧑. WELL AT LEAST THE FIRST 2 WEEKS. I ALWAYS CAN USE RESERVE ENERGY. BUT THE ONLY WAY HOW I CAN MINDFUCK THIS WORLD IS BY TAKING IN 8000+ CALORIES AN DAY. THEN I AM IN OPTIMAL ENERGY, LESS DRAINED, WILL ACHIEVE INSANE NEW HIGHTS AND CHALLENGES.

BUT TIME THE FUCK OUT NOW. NOW I GO NEXT MONTH WITH SUGGEY WOOGIEY TO SOMETHING PRIVATE. WILL BUY MYSELF AN PS5 TO FORCE ME TO REST. TO ALSO REWARD ME 🥰. WILL FOCUS ON MY ADHD TRAJECT STARTING 23 JULY. AN FULL TIME JOB. MY MMA SUBSCRIPTION I FREEZE FOR ONE MONTH. BECAUSE HOLY SHIT I JUST DID THE MOST INSANE CHALLENGE OF MY LIFE. IT WAS AWESOME, EXHAUSTING, PAINFULL. AND PROBABLY ALSO ANOTHER WORLD CLASS PRESTATION/ACHIEVEMENT IF YOU ASK ME.

HOLY SHIT. MY LEGS ARE BURNING WHILE WRITING THIS. TIME TO SLOW DOWN. I LEARNED ALOT FROM THIS. AND WILL DEFINITELY OPEN SOME NEW OPPORTUNITIES WITH THIS. BECAUSE I JUST PROVED MYSELF ONCE AGAIN. OK. 700 KM WAS THE FIRST GOAL. BUT THE JOURNEY ON HIS OWN WAS JUST SOMETHING THAT YOU CAN'T BUY. I WENT TO AN METAMORPHOSE OF EMOTIONS. THOUGHT MULTIPLE TIMES IN MYSELF: MICHAEL WHY THE FUCK THIS INSANE CHALLENGE? WHY, JUST WHY. THEN SUDDENLY I SAW AIMEE STANTON. AN VERY INSPIRING GIRL THAT DID FREAKING 600 KM IN ONE MONTH TIME. BUT IF I LOOK BACK TO THIS. I ALWAYS WANTED MORE AND MORE. BEAT OTHERS. BUT IN THE LONG RUN. THE ONLY ONE TO BEAT IS YOURSELF. SO EVERYBODY HAS HIS OWN LIMITS AND INSANE STRENGTHS. I DID NOW 1300+ KM, COUNTLESS HOURS OF OTHER ACTIVITY AND SPORTS, AN 10 DAYS NIGHTLIFE MARATHON WITH AN AN CRAZY 8000 CALORIES BURN ON RAVE REBELS IN JUST ONE NIGHT. SEE. MY CARDIO IS INSANE. I HAVE EXPLOSIVE POWER INSTEAD OF ULTRA ATHLETIC LEGS. BUT I RECOVER SUPER QUICK, HAVE LIGHTNING FAST KICKS, DANCE MOVES, SPRINT SPEED. AND I AM PRO IN TRAINING ON EMPTY STOMACH, SLEEP DEPRIVATION. CAN HANDLE EXTREME COLDS NAKED. AND NOW I CAN ALSO ADD HEAT TO THE LIST. I AM TRAINED FOR EVERY WEATHER SCENARIO. I AM TRAINED TO PUSH ME IN FATIGUE/DIZZYNESSEXHAUSTION. BUT THAT BEING SAID. I

AM JUST ALL AROUNDED BECAUSE OF PASSION AND AN DREAM. I NEVER WOULD EXPECT THAT I CAME UP WITH THIS CHALLENGE. I MEAN IN 2017 I BARELY COULD HANDLE 50-60 KM IN ONE DAY. I NEEDED TO RECOVER FOR MONTHS. NOW I AM DOING EVEN THE TRIPPLE IN 3 DAYS TIME. AND STILL FEEL FINE. SPEAKING ABOUT AN IMPROVEMENT 🌀👁️. I TOLD YOU THAT YEAR 8 OF MY NEVER GIVE UP JOURNEY IS ALL ABOUT GROWTH. ALL ABOUT BALANCE. ALL ABOUT THE PIECES TO SOMETHING UKNOWN. I COMING CLOSER AND CLOSER TO THAT MYSTERY. BUT ONE THING IS 4 SURE. I STILL DON'T KNOW WHO I AM. BUT I KNOW THAT I AM ON MY GOD DAMN WAY. NEVER GIVE FUCKING UP! THE IMPOSSIBLE SITS ONLY IN YOUR THOUGHTS. TRIAL AND ERROR IS THE BEST LIFE SCHOOL. YOUR BODY KEEPS IMPROVING. EVEN IN FAILURES OR IN INJURIES. DON'T STOP. KEEP CLIMBING. AND START TO INSPIRE👁️

NEVER GIVE