

Jades Fight For Life – Devanes Diary & Log – 1,000 Miles To Go

Tuesday 21.08.18

Session 1.

I committed a schoolboy error by picking my first cycle route on the Basingstoke Canal from Brookwood towards Farnham as it is mostly uphill and I took the Hybrid Bike instead of the Mountain Bike. Going out past Mytchet Lakes and the Canal Centre was pleasant and I met lots of new friends including 2 swans. Very pleasant return as downhill most of the way. Left Knee a bit sore so I went off for a hot bath before commencing session 2. Fitbit says 12,497 steps. Journey was 16.22 Miles so 983.78 to go.

Session 2.

Knaphill to West Byfleet and return. Fitbit says 20,197 steps. Journey was 14.60 Miles so 969.18 to go. Very tired and a little sore but pleased with Day 1.