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often something  
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about - a run is a  
run, and we often  
only change the  
route and the  
distance. And

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*there's nothing  
wrong with that!  
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workouts are a  
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practice tempo,  
which will gradually  
increase your run  
speed in a way that  
feels more  
sustainable than  
just taking off for a  
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early in the day,  
and race day jitters  
may cause you to  
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items at home, so*



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everything out the  
night before the  
race.*

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em32\wsl.exe is a  
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simple Windows

executable, you  
can call it from a

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deeper into that

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