

*My achievements with the
project „Robię to dla siebie”*

Project „Robię to dla siebie”

At the turn of 2019/2020 I got into the project „Robię to dla siebie”, which is implemented from 1. 04. 2019 to 31. 08. 2020.

Thanks to the project I gained new skills in English. I gotta buy a computer to work on. Unfortunately, with the current situation, I will not be able to go to a language camp.



The project gave me the opportunity to develop my English language skills. Thanks to the project I've created a Facebook page and a blog. All posts are written in English, which helps me develop my writing and communication skills in English.





This was my first cross-country launch. It was at the City Trail in Wroclaw in early January this year. I took second place there with a time of 8. 16 for about two kilometers. Despite the difficulties in the form of pushing, as in any other cross country, and the fact that for a very long time I haven't competed anywhere, only trained hard, I managed to reach the finish line with a very good result.





This is a photo from Indoor Silesia Championships, which was in January this year. I've done there my CV for 1kilometer- 3.32.35 .



During the winter holidays this year I went to the sea. I was supposed to train there a lot, inhale iodine and rest. Unfortunately, a few days before my departure I suffered a serious injury, which made it impossible to train and also long walks, but I was exercising so much that I can. Fortunately, my injury lasted only 2 months.





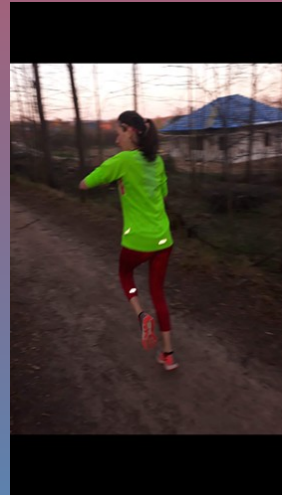
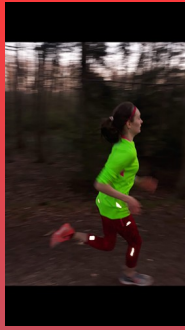
*That was my first trainings after
2 moths injury. I was very
happy that I could finally get
back to training. I've done 2
kilometers for one week.*



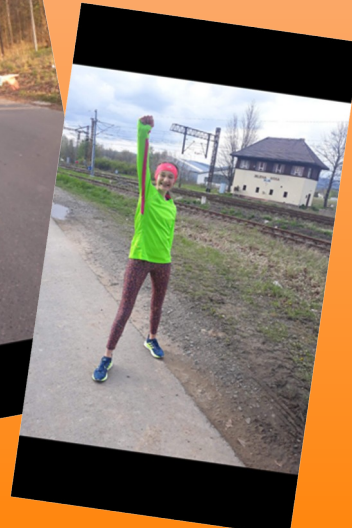


Here are the photos from my first training session with the ascents after the injury and from my runaways training. I was very happy because the ascents are one of my favourite parts of training.





These are photos from my intervals. They were minutes, first in over two months. Luckily, the forests have been opened back and I can already run without tiring myself in a mask! Because until some time back then the forests were closed and I couldn't train in public space without a mask. I am very happy to have the opportunity to run in the forest again, among nature and discover new cross-country skiing trails.



*And there are photos from my last trainings-
runaways and intervals.*

*I'm very happy to be able to find sparsely
populated places where I can run freely.
Frankly speaking, during the epidemic I
discovered and continue to discover many
new running tracks, and by the way, the
previous ones, which I was already bored
with, can sometimes be exchanged for some
other.*

I would like to thank you very much for the opportunity to participate in the project „Robię to dla siebie”; and all the people who supported and motivated me in different ways.

Thank you for your attention!

Gabriela Biegańska

Class 8s