Russian Man Runs 100-Kilometer Marathon in Coronavirus Quarantine

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Dmitry Yakukhny, a long-distance runner from the Primorye region, ran around his bed for 100 kilometers. What did you do with your life today? **Instagram / yakuhnyi_dmitry**

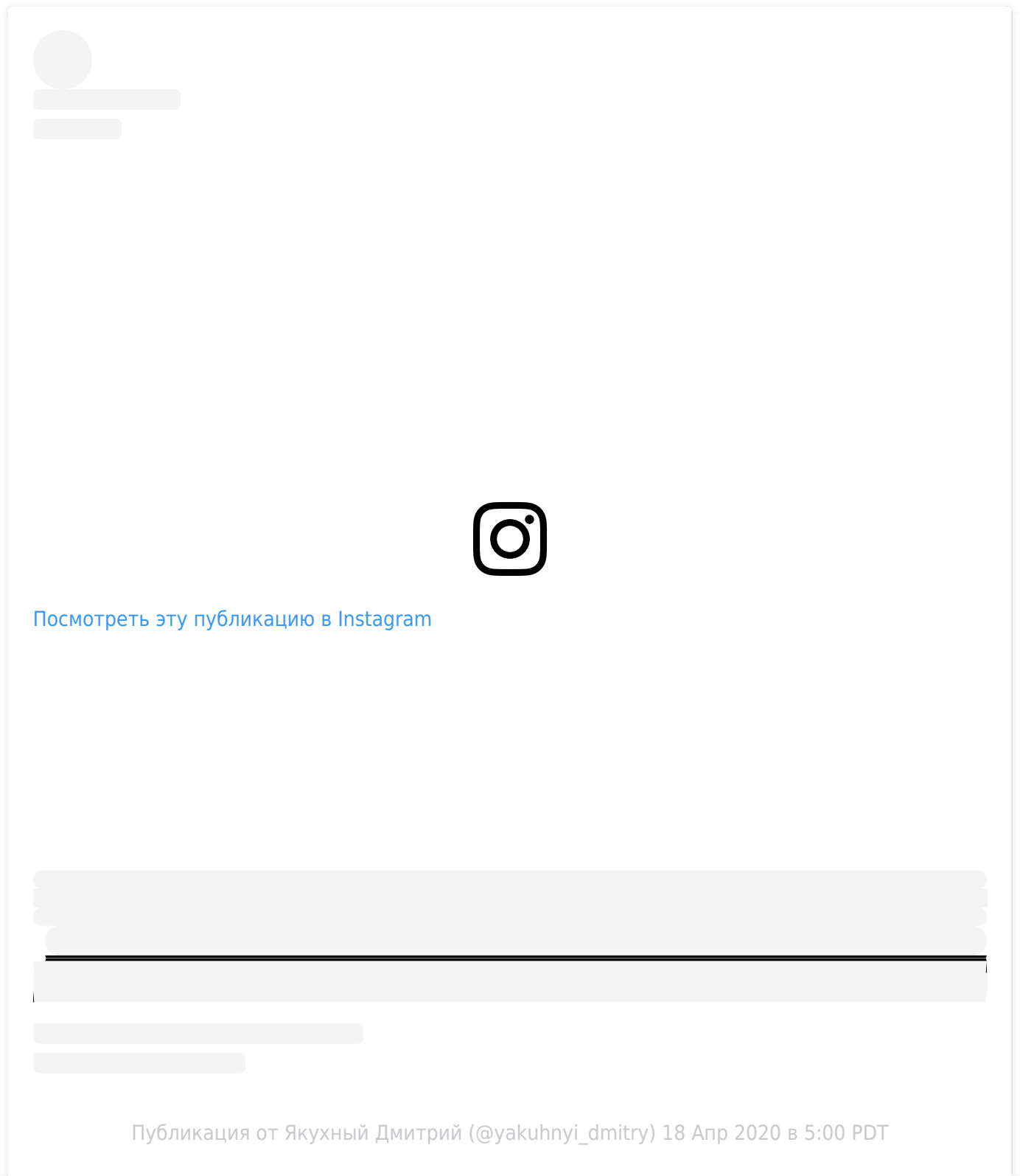We all have our ways of staying active — some more than others — while in quarantine.

A Russian long-distance runner outdid us all, embarking upon a 100-kilometer marathon without ever leaving his own bedroom.

Dmitry Yakukhny of the Primorye region in Russia's Far East had spent the last nine months training for a 250-kilometer desert race in Morocco. When the race was postponed due to the coronavirus outbreak, Yakukhny found a novel way to test his stamina: running laps around his bed to the tune of 100 kilometers, as tracked by a fitness band worn on his wrist.

The feat took 10 hours and 19 minutes, with Yakukhny's wife supplying snacks and his children cheering him on. Yakukhny documented the event on his Instagram page, going live every hour to give updates on his progress.

His record is now the one to beat for runners around the world who are stuck in their apartments. Just maybe give your roommates a heads-up before you try it.

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Публикация от Якухный Дмитрий (@yakuhnyi_dmitry) 18 Апр 2020 в 5:00 PDT

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