

FURY IMMORTAL DOCTOR

Chapter 21: The First Parkour Beauty Girl

The next day, at 4:20 in the morning.

The sky was still dark, and the Provincial City under the streetlights, where the streets had only a very few morning exercisers, and some early-rising cleaners.

Breathing in the fresh air of the early morning, Shen Qiang slowly started running after coming down from his building.

His speed wasn't very fast, but each step was exceptionally precise.

This was the first time Shen Qiang had practiced Body Refinement after his fortuitous encounter.

Body Refinement is the first stage of Immortal Cultivation.

As the saying goes, "Marrow Generates Blood, Blood Produces Essence"; if the body is weak, the essence is deficient, but if the body is strong, the essence flourishes.

Without a robust body, one simply cannot handle the terrifying power produced when True Qi and True Yuan erupt.

So, in this regard, one cannot be lazy.

Leaving the urban village, Shen Qiang who jogged on city streets checked the distance on his smartphone's map.

His residence was eighteen point nine kilometers away from the old goods market.

Before his fortuitous encounter, such a long distance would have been unthinkable for Shen Qiang to consider running.

But now it was different.

Body Refinement was a must.

After opening the governor and conception vessels, Shen Qiang, without using the Observation Skill, should have no problem handling such long-distance running.

Not only this.

More importantly, today was not a weekend, and Shen Qiang still had to go to work.

So he must rush back to the hospital before eight-thirty.

At over four in the morning, there were no buses, and finding a taxi in the urban village area was almost as unlikely as winning the lottery.

So, practicing Body Refinement while heading to the old goods market was undoubtedly the best choice.

After jogging for a while.

Shen Qiang could clearly feel his body gradually warming up, and the circulation of True Qi becoming steadier.

Not only this.

Usually, after running just a few hundred meters, Shen Qiang, who would be out of breath, excitedly found that with the operation of True Qi, running felt not tiring at all and the sensation of all his muscles and bones being activated was surprisingly comfortable.

Shen Qiang continued his run, experiencing the sensation of True Qi circulating during Body Refinement.

Unconsciously, he could see ahead on the street a team of about dozens of people running; they were all wearing sports shorts and vests.

A off-road vehicle was following them, matching their pace.

After a casual glance.

Shen Qiang kept running to his own rhythm of True Qi circulation, steadily advancing, and gradually getting closer to the running team ahead.

In the off-road vehicle next to the long-distance running team.

The driving assistant said with a smile, "Coach Xu, the players in our provincial team are very strong. Although their overall strength is still behind the national team, now with a coach who has led to world championships like you, our provincial team will surely make a remarkable impact this year."

Sitting in the passenger seat, Coach Xu stared dreamily at the rearview mirror inside the car and frowned, "Is that person who caught up from behind also in our team? His strides are very steady, his rhythm control is excellent, he absolutely has potential."

"But why doesn't he change his clothes or running shoes, is he trying to challenge me, the new coach?"

The assistant, sitting in the driver's seat, looked up in astonishment and stared at Shen Qiang approaching in the rearview mirror, saying, "He's not one of our team members, I'm sure of it."

Coach Xu, sitting in the passenger seat, frowned, "Strange, are there athletes from other provincial teams training here? His precise control over the long-distance running rhythm is rare even in the national team."

The assistant frowned, "There are no other provincial teams training here, and by his attire, he doesn't look professional at all, probably not an athlete."

Upon hearing this, Coach Xu's eyes suddenly lit up, "Such a good prospect isn't an athlete? Test him, test him for me! Tell the team members to speed up!"

Hearing this, the assistant rolled down the window and shouted, "Hurry up, you professional athletes are about to be overtaken by ordinary citizens exercising in the morning."

The team members, who had long noticed Shen Qiang, immediately began to speed up, as it would be a disgrace for professional athletes to be overtaken by ordinary citizens doing morning exercises.

They accelerated proudly.

Meanwhile, Shen Qiang, who was following them, didn't realize that the team was deliberately trying to leave him behind.

At that moment, Shen Qiang was immersed in a peculiar sensation.

The circulation of True Qi became increasingly smooth.

He felt a warm and utterly comfortable sensation throughout his body.

Feeling as if he had endless power, Shen Qiang felt an impulse to shout.

So, when the team ahead suddenly increased their speed, driven by the euphoria of running, Shen Qiang naturally picked up speed as well.

"So fast! But the rhythm remains stable, his breathing is not disordered, each step is exactly measured," Coach Xu, sitting in the passenger seat, widened his eyes as he watched Shen Qiang catch up at a speed far surpassing the track team.

"Amazing!" Watching the team members who had turned red-faced and sweaty yet unable to prevent Shen Qiang from overtaking them, the astonished assistant driving realized that both the car and Shen Qiang had already passed the team and couldn't help thinking about slowing down.

Just then, Coach Xu excitedly said, "Never mind those regular team members, follow him, I want to know his limits."

The assistant immediately nodded.

They controlled the speed of the car to stay beside Shen Qiang.

Glancing at the speedometer out of the blue, they were shocked to find that Shen Qiang's speed had nearly reached forty kilometers per hour; even international long-distance runners normally ran only about twenty-something kilometers per hour, Shen Qiang's pace was almost double theirs.

At that moment, Shen Qiang, unaware if he had enough energy to reach the old goods market, forcefully suppressed his urge to run at full force and reminded himself.

"The distance is still vast, although I could double my speed by running at full force, conserving energy is important, so I should maintain this pace and keep running slowly."

Just then,

Three hundred meters away on a three-story building,

stood seven or eight youths, led by a fashionably sporty and stunning young woman, who put down her binoculars and smiled.

"The track team members mocked us parkour players as trash online, so now someone has already taken action before us, effortlessly crushing the track team in such a furious manner, no idea which top talent from a parkour team it is."

Behind her, a young man glancing jealously at Shen Qiang running, frowned and said disdainfully, "He's just a dumb runner. If it came to skills, such a player wouldn't even be fit to carry my shoes."

The sporty and cute young woman slightly furrowed her brows and then suddenly giggled, "Well, since he's already punished those track team members for us, let's change our battle plan."

"It's your Greedy Wolves Team's turn to compare with this unknown parkour master to see who is more impressive."

The young man laughed, "Alright, but don't forget your promise. You, the top beauty of the national parkour scene, have to go on a date with the winner."

The sporty and cute young woman laughed, "Don't worry, I won't go back on my word."

The young man laughed heartily, "Then you might as well go spruce yourself up, because I am taking your first date."