

Chapter 0195

I knew this wasn't going to be a cakewalk, but I thought I would at least have some kind of advantage having done this once already. But, Audrina knew what she was doing bringing me out here this early in the morning. The dew had settled on everything and without the sun to evaporate it, everything was slick as sh*t and the course had to be navigated completely differently than the first time.

"Get your scrawny ass moving. I thought you did this once already or was that made up bullsh*t too?" Audrina taunts. I just keep moving. I wouldn't let her distract me on a normal day, let alone when I really need all my brain cells to complete this course.

I finally make it through to the end, covered in mud from the last section of the course climbing over and under beams. I know my hands are shredded from some of the ropes and we haven't even started real training yet.

"Stand up straight. At least act like a warrior who has some basic training." She snarls at my bent over form. I have my hands on my knees trying to catch my breath, but my pride wins out and I straighten to look her in the eye. "At least I can say you actually completed the course now. Let's go."

My retort dies as she takes off like lightning through the trees. I don't know this area at all so I have to keep her in

my sights. I have no idea what her plan is, but losing me in the woods off-trail is not something I'm going to let happen. We run for what feels like forever. It is exhilarating! I didn't realize how much time has gone by since I have actually let loose and just run, full tilt, to my body's limits. My wolf is purring in my head and hoping we get to shift and run soon too. She hasn't been out longer than me and is starting to go stir crazy in my head.

Don't worry. I'm sure we will be shifting a ton now and you don't have to be a secret anymore.

I didn't mind being your secret. As long as I get to be out once in a while. It was for your protection more than anything.

We begin to slow down and I can see the lights of the compound coming up ahead. We run by the ropes course and pick up our bags. I'm trying to control my breathing, I don't want her to know how out of shape I am and feel right now. I pull out the shake and Audrina looks at me incredulously.

"Where did that come from? There's no food in the dorm rooms."

"I stopped by the kitchen on my way out." I shrug. I don't owe her an explanation of any kind.

"The kitchen's are closed outside of meal times, you are not to be in there. That's grounds for punishment. You are just

racking them up left and right." She's starting to look smug but angry.

"I plan ahead, I assumed we would miss breakfast. Stella and Jack set me up." I keep my eyes forward.

We walk around the back of the house where I hear a low din of voices when I am wrapped up in a tight hug. "You survived!" Wyatt's whisper-yell comes from somewhere above my head, but I can't see through all his bulky arm muscles.

"Not yet. I have to make it through the rest of the day, then we can celebrate." I say as I finish off my shake and put the bottle back in my bag.

At least now, no matter how brief the moment is, I can be out of Audrina's orbit. Warriors Osisten and Nickolas are at the front of our group in quiet conversation when we walk towards the front. I don't want to miss any instructions and Audrina is less likely to mess with me this close to the leadership.

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Chapter 0196

"There she is! I was hoping to see you today." Warrior Nickolas walks over and gives me a tight side hug. "I'm glad you're finally here, I wish the reason for it was better though. Let me know if you need anything." He whispers the last part and gives me a pointed look. I figured he would, but it still bugs me a little that he knows why I'm really here too and had probably been given all the details.

"Alright folks, let's get started. Skylar here is new to the ranks, Nickolas and I will be catching her up this week, then she will be added into regular rotations." A chorus of 'yes, sir' comes from the large group. "Let's go." He points at me and I follow. We start with a light jog and soon the path becomes familiar. At least running like this, at a normal pace, I can notice my surroundings and start to learn the territory.

We ran the loop twice which took almost an hour. My lungs are burning from the exertion and lack of use, but I refuse to look like it on the outside. Especially after everything that Audrina implied. I am out of shape and going to have my ass handed to me today, but I won't look weak.

After the group run we broke into three smaller groups and true to their word, Warriors Osiston and Nickloas kept me with them, but I was by no means separated from the group.

Commented [Ma1]:

Commented [Ma2R1]:

We were sparring one-on-one in human form for the first rotation.

"Alright Little One, I want to see the extent of your injury recovery. You haven't grappled in over a month and we need to see what muscles are still healing. I want you to start slow. Don't look at me like that." Clearly my face isn't doing a good job of hiding my irritation of being told to take it easy. "This is a body and movement assessment. Once I see how everything moves, I will let you know what you are allowed to do at full force and what we need to get stronger before I allow that. I will not have you reinjuring yourself just for your pride. If you are out with a serious injury you are useless to us. At least working slowly you can actually train and be an asset. Got it?"

I fight an eye roll. He's right, but I don't want to go slow. I'm tired of not being able to move and work, it's becoming frustrating and I didn't realize how much I rely on the release from the workout. 1

"Got it." I grumble moving into position.

"Alright, let's start with arm blocks, holds and releases. Then we will move into leg work. From there we will start to grapple full body." I just nod. I want to talk less and move more.

For the next three hours Nickolas pushes my body to the limits. I hate to admit that he was right, even in my own

head. I needed to go slow, I have lost so much muscle and flexibility, but the muscle memory is there, I know what each move is supposed to feel like which is helpful.

This time, I think we have been going for at least five minutes. He has finally let me start to use my full body and he is trying to pin me on the ground. I was just told I have to hold him off until Warrior Osiston calls time and who knows how long they are going to let me go.

Finally a whistle blows and Warrior Nickolas stands from his attack position. "Great work, we have a few things to work on, but far better than I expected. We'll do this again at your next training session, then I think we can start to mix you into the rest of the group." He pats me on the shoulder as we walk over to where the water station is.

"Thanks. Is there anything I can do on my own to make this recovery crap go faster. I hate that my training is broken up." I look over at him before I basically start chugging water.