

Graduality, method and constancy!

- After every training stretching.
- Not only run, change your activities.
- Sometimes try to change the rhythm
- One day a week, focus yourself on the core zone and do exercises useful to strengthen the muscles of the upper body that are stressed by running.
- Enjoy every training session

JUNE JULY	MON	TUE	WED	THU	FRI	SAT	SUN
28	<b>35'</b> anti-fatigue run						
29		<b>40'</b> running (on dirt road) <b>10'</b> walking					
30			<b>50'</b> muscle strengthening exercises				
1				<b>REST DAY</b>			
2					<b>40'</b> free sport activity: cycling, walking...		
3						<b>10'</b> slow running <b>20'</b> mid rhythm <b>10'</b> faster	
4							1h anti-fatigue sport activity