

- Now is moment to be resolute: don't give up!
- If you are not motivated, run with a mate.
- Change the running roads to avoid getting bored.
- Continue the fartlek.
- Pay attention at your breathing → [READ MORE](#)
- Take care about yourself
- Have fun

GO ON AND ENJOY THE TRAINING!

JULY	MON	TUE	WED	THU	FRI	SAT	SUN
19	<b>1h</b> Free activity (bike, walking, tennis)						
20		<b>40'</b> slow running + <b>5 sprints</b>					
21			<b>REST DAY</b>				
22				<b>40'</b> muscle strengthening exercises (core, belly, legs)			
23					<b>35'</b> slow running + <b>10'</b> medium rhythm		
24						<b>35'</b> slow running	
25							<b>1h – 1h20'</b> trekking