

Graduality, method and constancy!

- After every training session 10' stretching.
- 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.
- Take care about the running technique: make the running yours, every runners have a different one but pay attention: the bust must be not excessively forward or backward, amplitude of the step must be not contained but not exaggerated, arms close to the torso, coordinated and relaxed movements.
- Nordic walking uphill is useful to develop strength.
- Drink to avoid an abrupt energetic exhaustion → [READ MORE ABOUT HYDRATION CLICK HERE](#)
- Enjoy every training session

JUNE	MON	TUE	WED	THU	FRI	SAT	SUN
21	10' articular mobility  30' slow running						
22		30' slow running + 30' core stability					
23			REST DAY				
24				40' running last 10' progression rhythm (take care about running technique and breathing)			
25					1h anti-fatigue activity: (cycling, walking)		
26						35' slow running	
27							1h 30-45 Nordic walking uphill