TRAIN WITH GIULIA

MARCIALONGA coop

JUNE is the month of approaching to run and to start the exercises to be able to do it in the best way possible.

For those who are not used to, it is important to know that the training must be gradually, methodically and consistently.

It is very important the choice of the running shoes: listen to the advice of an expert.

Change the type of roads – asphalt, dirt road, climb – in order to get not bored.

Walking, running, stretching and technical exercises are fundamental in this first month of training. Rest and recovery are important: respect them and listen to your body.

Quality is better than quantity!

Good advices for every training session: you need to eat properly, to drink plenty of water, and to finish the training session with some stretching.

Ready go!

GIUGNO	LUNEDI	MARTEDI	MERCOLEDI	GIOVEDI	VENERDI	SABATO	DOMENICA
7	10’ fast walk, 20’ slow running,10’ fast walk						
8		20’ slow running + technical exercises (skip,kick up, kick back etc.) 10’ fast walk.					
9			Rest day				
10				30’ slow running			
11					Core stability excercises		
12						10’ fast walk 20’ slow running,10’ faster running.	
13							1h 30-45 walk