

- The goal is near: continue to run and have fun!
- Believe in yourself, you can do it!
- Choose one day to simulate the race: listen to your body and your sensation
- Run and Nutrition. It is not recommended to change suddenly the nutrition, but it is important adopting healthy eating habits. We explain the energetic substrates (protein, carbohydrate, fat) → [READ MORE](#)

GO ON AND ENJOY THE TRAINING!

AUGUST	MON	TUE	WED	THU	FRI	SAT	SUN
9	<b>REST DAY</b>						
10		45' running with a progression in speed					
11			20' Slow running  5 x 2' Fast 2^ Slow  15' slow running				
12				35' Anti-fatigue activity (walking, bike, tennis, swim)			
13					<b>REST DAY</b>		
14						30' slow running + sprints	
15							8km Race Simulation