

- The goal is near: continue to run and have fun!
- Do not train during the warmer times and drink enough.
- Do not run only on flat terrain but run some climbs: it is more various, and it helps develop strength.
- Don't you know the behavior to follow due to the covid? → [READ THE ARTICLE](#)

GO ON AND ENJOY THE TRAINING!

AUGUST	MON	TUE	WED	THU	FRI	SAT	SUN
23	REST DAY						
24		1h running with speed at will					
25			20' warm-up run + 8 x 30'' fast + 2' slow + 10' slow running				
26				40' slow running on dirt road			
27					REST DAY		
28						35' slow running + sprints	
29							8km Race simulation