

- BEFORE THE RACE: WHAT TO DO AND NOT TO DO!

→ [READ THE ARTICLE](#) ←

ENJOYE THE RACE, WE ARE PROUD OF YOU!

AUGUST/ SEPTEMBER	MON	TUE	WED	THU	FRI	SAT	SUN
30	<b>REST DAY</b>						
31		<b>45'</b> running on flat terrain					
1			<b>20'</b> warm- up run + <b>8 x 30''</b> fast + <b>1'</b> extra slow + <b>10'</b> slow running				
2				<b>40'</b> slow running			
3					<b>REST DAY</b>		
4						<b>35'</b> slow running + sprints	
5							<b>CHARITY RELAY BY MARCIALONGA COOP</b>