

**Graduality, method and constancy!**

**Marcialonga Running is beautiful but particular to prepare;** it is more than an half marathon but less than a 30 km; the first part is faster, the central part is stretched out and the final part is challenging; a mix that includes a complete preparation, from resistance to the change of pace (floor-climb).

**A good preparation will help you to enjoy this event.** It is not a personalized program because each of us, as already mentioned, has its habits, commitments, time, physical characteristics.

**We do not run on business, we run to have fun!**

**An important factor for every running distance is the running technique.** We have to care first about the correct way to run: that can help to avoid injuries. Training and dedicating time to technique helps to improve running efficiency and economy.

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!

JUNE	MON	TUE	WED	THU	FRI	SAT	SUN
7	50' slow running						
8		muscle strengthening exercises					
9			Rest Day				
10				1h slow running			
11					Slow running with uphill		
12						50' running: 15'slow 20' medium 15'slow	
13							1h20 Long distance slow running