

- There is ONE month left to the race: don't give up!
- Believe in yourself, you can do it!
- Listen to your body and your sensation
- Choose one day, when you have more time, Sunday for example, for a long-distance run with a run rhythm
- Stretching before and after running is important → [READ MORE](#)
- If had a stop in the past weeks due to an injury or other motivations, do be afraid to run again: the shape will be soon as before the stop thank to the muscle memory → [READ MORE](#)
- Have fun

GO ON AND ENJOY THE TRAINING!

AUGUST	MON	TUE	WED	THU	FRI	SAT	SUN
2	40-50' Slow Running						
3		20' Slow running 4 x 30' running medium rhythm Rec 3' slow running					
4			1h Anti-fatigue activity (walking, bike, tennis, swim)				
5				45' running with a progression in speed			
6					REST DAY		
7						30' slow running + sprints	
8							1h running mid speed