

- 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	40' anti-fatigue						
24		<b>REST DAY</b>					
25			1h 20' running on dirt road				
26				20' warm- up run + 10 x 1' fast + 2' slow + 15' slow running			
27					<b>REST DAY</b>		
28						40' slow running + sprints	
29							12-15 km Race simulation