

Graduality, method and constancy!

- After every training session 10' stretching.
- One day a week, focus yourself on the core zone and do exercises useful to strengthen the muscles of the upper body that are stressed by running.
- Take care about the running technique: make the running yours, every runners have a different one but pay attention: the bust must be not excessively forward or backward, amplitude of the step must be not contained but not exaggerated, arms close to the torso, coordinated and relaxed movements.
- Skip, run with high knees, butt kicks (heel to butt), power skips are very useful.
- Change! Try to vary your sport activities - not just running - especially in the months of June and July.
- Drink to avoid an abrupt energetic exhaustion → [READ MORE ABOUT HYDRATION CLICK HERE](#)
- Enjoy every training session

JUNE	MON	TUE	WED	THU	FRI	SAT	SUN
21	REST DAY						
22		50'-1h slow running					
23			30' warm up 20' running drills 15' running as you please				
24				50' core exercises			
25					1h Bike anti-fatigue or 40' slow running + 5-6 sprints		
26						10km running medium rhythm	
27							1h15' Quiet activity (walking, cycling)