

- The goal is near: continue to run and have fun!
- Do not train during the warmer times otherwise avoid intensive efforts.
- Drink and take care about the hydration
- What thoughts does fill your mind before the race? → [READ THE ARTICLE](#)

GO ON AND ENJOY THE TRAINING!

AUGUST	MON	TUE	WED	THU	FRI	SAT	SUN
16	40' Anti-fatigue run						
17		REST DAY					
18			1H running with a progression in speed				
19				Free activity (walking, bike, tennis, swim)			
20					45' Slow running		
21						30' slow running + sprints	
22							20' Warm Up 5km Race Fast Running 10' Slow Running