

Graduality, method and constancy!

- After every training session, 10' stretching
- During the first period of training, you need to spend time (once a week) for strengthening exercises: legs, abs, core.
- A little instability and a weak core cause the usual back pain of the runners.
- You need to strengthen the core: a better posture during the running gives energy to the entire body.
- More core Less injuries

GOOD TRAINING!

JUNE	MON	TUE	WED	THU	FRI	SAT	SUN
14	10' Fast walking 30' Slow running						
15		20' Slow running 30' Core strengthening exercises					
16			REST DAY				
17				40' Flat slow running			
17					30' Slow running 1'x3 times Sprint (1' recovery) 15' Walking		
18						35' slow running	
19							1h 30' – 45' Uphill Nordic Walking