

- BEFORE THE RACE: WHAT TO DO AND NOT TO DO!

→ [READ THE ARTICLE](#) ←

**ENJOYE THE RACE, WE ARE PROUD OF YOU!**

AUGUST/ SEPTEMBER	MON	TUE	WED	THU	FRI	SAT	SUN
30	40' anti-fatigue						
31		<b>REST DAY</b>					
1			20' warm-up run + 10 x 1' fast + 2' slow + 10' slow running				
2				40' slow running on flat terrain			
3					<b>REST DAY</b>		
4						<b>PRE-RACE:</b> 35' slow running + sprints	
5							<b>19<sup>TH</sup> MARCIALONGA COOP</b>