

- Now is moment to be resolute: don't give up, THE GOAL IS NEAR!
- Alternate two weeks loading and one unloading
- Decide one a week to do intervals - short periods of intense activity or fartlek (before Wednesday if you have a run during the weekend)
- Stretching is very useful before and after the activity → [READ MORE](#)
- If had a stop in the past weeks due to an injury or other motivations, do be afraid to run again: the shape will be soon as before the stop thank to the muscle memory → [READ MORE](#)
- Have fun

GO ON AND ENJOY THE TRAINING!

AUGUST	MON	TUE	WED	THU	FRI	SAT	SUN
2	<b>REST DAY</b>						
3		<b>1H'</b> running fast as you wish					
4			<b>20'</b> warm-up <b>2x</b> (1000-800- 600-400-200) <b>Rec 3'</b> between the intervals <b>10'</b> anti-fatigue run				
5				<b>50'</b> anti-fatigue run			
6					<b>REST DAY</b>		
7						<b>35'</b> slow running + <b>6 sprints</b>	
8							<b>1h</b> RUN RACE SPEED