

- Now is moment to be resolute: don't give up, THE GOAL IS NEAR!
- If you are not motivated, run with a mate.
- Change the running roads to avoid getting bored.
- Dedicate once a week for muscle strengthening excercises
- Stretching before and after running is important → [READ MORE](#)
- Have fun

GO ON AND ENJOY THE TRAINING!

JULY	MON	TUE	WED	THU	FRI	SAT	SUN
26	<b>40-50'</b> Slow Running						
27		<b>20'</b> Slow running <b>10 x 30''</b> fast running <b>Rec 1'</b> extra slow <b>10'</b> slow running					
28			<b>REST DAY</b>				
29				<b>40'</b> running on mixed terrain			
30					<b>21'</b> running <b>+</b> <b>30'</b> muscle strengthening excercises (core, belly, legs)		
31						<b>35'</b> slow running + <b>6</b> sprints	
1 AUGUST							<b>1h – 1h20'</b> running as you like