

- Now is moment to be resolute: don't give up, THE GOAL IS NEAR!
- If you are not motivated, run with a mate, especially during the long-distance run
- Change the running roads to avoid getting bored.
- This is the period dedicated to the aerobic endurance (long-distance run)
- Stretching is very useful before and after the activity → [READ MORE](#)
- Have fun

GO ON AND ENJOY THE TRAINING!

JULY	MON	TUE	WED	THU	FRI	SAT	SUN
26	REST DAY						
27		40' slow running					
28			1H running: - 20' running slow rhythm - 40' running medium rhythm				
29				30' slow running + 20' Muscle strengthening exercises (core stability) and stretching			
30					50' running on undulating terrain		
31						35' slow running + 6 sprints	
1 AUGUST							1h 15''/20'' Slow running