

Graduality, method and constancy!

- After every training stretching.
- Not only run, change your activities and focus on repeated and fartlek
- One day a week, focus yourself on the core zone and do exercises useful to strengthen the muscles of the upper body that are stressed by running.
- Enjoy every training session

JUNE JULY	MON	TUE	WED	THU	FRI	SAT	SUN
28	<b>50'</b> slow running						
29		<b>20'</b> warm-up  <b>Fartlek'</b> 10x (2' fast – 2' extra slow)  <b>10'</b> Anti- fatigue					
30			<b>50'</b> slow running				
1				<b>20'</b> running <b>40'</b> muscle strengthening exercises (core stability)			
2					<b>REST DAY</b>		
3						<b>35'</b> slow running <b>6 sprint</b> 100mt	
4							<b>10km</b> Medium- fast rhythm