TRAIN WITH GIULIA

MARCIALONGA coop

Graduality, method and constancy!

- After a long distance run you need one day of recovery

- After every training session, 10' stretching

- During the first period of training, you need to spend time (once a week) for strengthening exercises: legs, abs, core.

- A little instability and a weak core cause the usual back pain of the runners.

- You need to strengthen the core: a better posture during the running gives energy to the entire body.

- more core less injuries

GOOD TRAINING!

JUNE	MON	TUE	WED	THU	FRI	SAT	SUN
14	REST DAY						
15		50' – 1h slow running					
16			30' warm up slow running 10x100m sprint uphill (recovery time during the downhill) 15'cool down				
17				1h flat slow running			
17					20' slow running 30' core strengthening exercises		
18						50' slow running: last 5' faster	
19							1h20 Long distance slow running