

- The goal is near: continue to run and have fun!
- Do not train during the warmer times otherwise avoid intensive efforts.
- Drink and take care about the hydration
- What thoughts does fill your mind before the race? → [READ THE ARTICLE](#)

GO ON AND ENJOY THE TRAINING!

AUGUST	MON	TUE	WED	THU	FRI	SAT	SUN
16	40' Anti-fatigue Run						
17		REST DAY					
18			1h Running with a progression in fast				
19				Free Activity (walking, bike, muscle strengthening exercises)			
20					ACTIVE REST (walking, slow bike, stretching exercises)		
21						35' slow running + sprints	
22							1h 30'-' Long distance run - slow