

- The fartlek is very useful. Fartlek is a form of interval or speed training that can be effective in improving your running speed and endurance.
- Stop and recover when you need it!
- Alternate between seal and dirt.
- Sometimes change your activity
- If you feel pain in the foot or tibial area, the cause can be the shoes → [READ MORE](#)
- Take care about yourself
- Have fun

GO ON AND ENJOY THE TRAINING!

JULY	MON	TUE	WED	THU	FRI	SAT	SUN
12	40' slow running						
13		20' slow running + 6 x 30'' fast 1' slow + 10' slow running					
14			<b>REST DAY</b>				
15				40' running rhythm at will			
16					1h' anti-fatigue sport activity (bike, walking)		
17						35' slow running + 6 sprints	
18							45' running on mix ground