

- Choose one day, Sunday for example, for a long-distance run and rest the day after.
- The fartlek is very useful
- If you are not motivated, run with a mate.
- Change the running roads to avoid getting bored.
- Continue the muscle strengthening exercises
- Pay attention at your breathing → [READ MORE](#)
- Have fun

GO ON AND ENJOY THE TRAINING!

JULY	MON	TUE	WED	THU	FRI	SAT	SUN
19	REST DAY						
20		50' slow running					
21			20' slow running + 6x1000 Rec. 3' or 6x4' running race rhythm (rec. 3') 10' anti-fatigue run				
22				50' anti-fatigue sport activity (bike, walking)			
23					20' slow running + Muscle strengthening exercises (core stability) and stretching		
24						35' / 40' slow running + 6 sprints 100mt.	
25							1h 15''/20'' Slow running or 2h trekking