

- Choose one day, Sunday for example, for a long-distance run
- 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
- Do not run during the warmer moment of the day to avoid fatigue in the next days and make the training efficient
- Continue the muscle strengthening exercises
- If you feel pain in the foot or tibial area, the cause can be the shoes → [READ MORE](#)
- Have fun

GO ON AND ENJOY THE TRAINING!

JULY	MON	TUE	WED	THU	FRI	SAT	SUN
12	<b>REST DAY</b>						
13		<b>50'</b> running on mix ground					
14			<b>20'</b> slow running <b>5x</b> 2' fast 2' slow <b>5x</b> 30'' fast 1' slow <b>10'</b> anti-fatigue run				
15				<b>50'</b> anti-fatigue sport activity (bike, walking)			
16					<b>20'</b> slow running + Muscle strengthening <b>exercises</b> (core stability) and stretching		
17						<b>35'</b> slow running + <b>6-8 sprints</b>	
18							<b>1h 15''/20''</b> Slow running