

- Be resolute: respect the rest days, focus on the changes of rhythm, give importance to respect the rest days, focus on the changes of rhythm, give importance to the Muscle strengthening and the aerobic endurance.
- Run and Nutrition. It is not recommended to change suddenly the nutrition, but it is important adopting healthy eating habits. We explain the energetic substrates (protein, carbohydrate, fat) → [READ MORE](#)

GO ON AND ENJOY THE TRAINING!

AUGUST	MON	TUE	WED	THU	FRI	SAT	SUN
9	REST DAY						
10		1H' running fast as you wish					
11			20' warm-up 10x 100 mt. uphill Fast Rec 100 mt. down hill Slow 15' anti-fatigue run				
12				50' anti-fatigue run			
13					REST DAY		
14						35' slow running + 6 sprints	
15							1h 40'-45' Long distance run - slow