

- There are two months left to the race!
- Take care about the running technique: it is useful for the running efficiency, the speed and the range of km.
- Sprints and change of rhythms help the athletic preparation
- Stop, reset, and restart if necessary
- Take care about the choice of your running shoes. Now that you are constantly running, it is important to have the right shoes that ensure cushioning and excellent stability.
- Take care about yourself
- Have fun

GO ON AND ENJOY THE TRAINING!

JULY	MON	TUE	WED	THU	FRI	SAT	SUN
5	<b>50'</b> slow running						
6		<b>20'</b> warm up  <b>10x</b> 2" fast 2" extra slow  <b>10'</b> anti-fatigue					
7			<b>Active Rest:</b> stretching, black roll				
8				<b>1h</b> Running in progression			
9					Muscle strengthening exercises (core stability) and stretching		
10						<b>35'</b> slow running + <b>6-8 sprints</b>	
11							<b>1h 15''/20''</b> Slow running