Weekly plan week No. 3

Day 1:

Running between 25 and 40 mins.

Day 2:

Running between 25 and 40 mins.

Day 3:

Running between 35 and 45 mins.

**Observations about the running:**

1- Run between 40 and 60 % of your maximum speed.

2- Avoid fatigue, if you feel tired or don't have enough oxygen walk for a minute or more until you are ready to run again.

3- When you are running, try to keep the same speed all the time.

4- You don't have to run fast, it's not a competition.

5- Run minimum 20 mins, Maximum 40 mins the first two days, the third day, minimum 30 mins, maximum 40 mins.

6- Write down what was the distance you ran everyday during the three days, put it in the dairy and send it saturday afternoon/evening via Whatsapp.

PD:

<https://youtu.be/X1qbBP_PDgM>

**Attached that link from YouTube, simple mastering of the ball that you can do in an small area at home… I will ask in the group to send clips from specifical exercises from this link.**