

DAY 1

If you do not feel like running go for a bike ride.

Light RUN

Warm up run - 5 min

Warm up - 10 min – start from neck area, go through the whole body - all joints (ankle, knee, hip, spine and shoulders) and muscles – **dynamic stretching***

(<https://www.youtube.com/watch?v=4jCDjnzl6W0>)

Light run 30 – 45min – keep your HR* over 125bpm, try to land on front part of the foot and avoid your heel touching the surface - for that reason don't take long jumps – your front shin muscles may be burning – run on softer surface, the grass is better than asphalt.

At the end, take a few hundreds meters walk towards home and stretch especially your leg muscles - proper stretching (front lateral shin muscle) in the evening.

Walk about 200m close to your home and stretch!

Light Cycling 45-60 min

When you cycle the impact on your knees is smaller compare to running, however, your shoulder and back may feel more tired.

Cycle anywhere you want, explore new areas, it's up to you.

Try to maintain certain speed.

If you want, challenge yourself – ride some uphill or from time to time speed up and maintain that high speed for some time.

Don't forget to stretch!

Ball training

Go to the nearest field and do several rounds of various dribbling exercises.

<https://www.youtube.com/watch?v=leMYh7roBjk>

https://www.youtube.com/watch?v=PuF_gM2S7rk

Be creative.

Improve your non-dominant foot!!! 30 – 60min. Stretch especially hamstrings.

Evening rolling (15 min) & stretching/flexibility (at least 15 min)

I believe that the time to do a proper stretching is in the evening. Your body is exhausted, so rolling and stretching prepares you for some quality sleep.

Rolling

- Focus on leg muscles
- About 15 min
- <https://www.youtube.com/watch?v=tlITGIE2ZdU>

Stretching/flexibility

- 15 + min
- Each stretch hold for at least 20 sec.
- https://www.youtube.com/watch?v=L_xrDAtykMI
- Focus on thigh muscles like groins, hamstring as well as front shin muscle.

Remember to eat and drink well. Supply your body with nutrients, vitamins, minerals throughout the day.

The best recovery is completed when you get a good quality sleep lasting about 7-8h.

Dynamic stretching - <https://www.healthline.com/health/exercise-fitness/dynamic-stretching#for-runners>

HR - <https://www.heart.org/en/healthy-living/fitness/fitness-basics/target-heart-rates>

