




2KM

ABDULLA AL SHEHHI


Coach

WEEK 1 TRAINING PROGRAMME




DAY 1

500m walk
Stretch to cool down




DAY 2

10-minutes of light training
Stretch to cool down




DAY 3

1km walk
Stretch to cool down



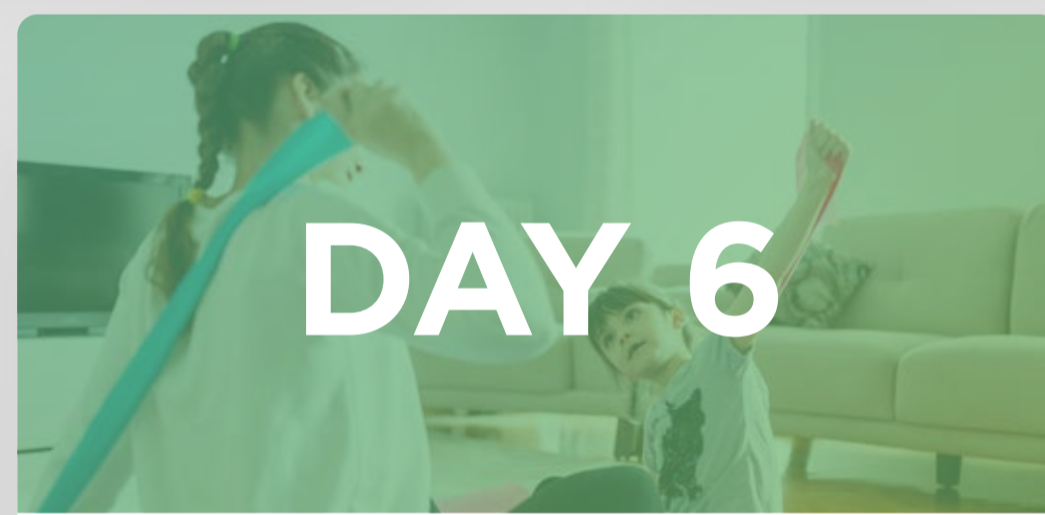
DAY 4

5-minute walk to warm up
200m run, followed
by 400m walk
Repeat twice
5-minute cool down



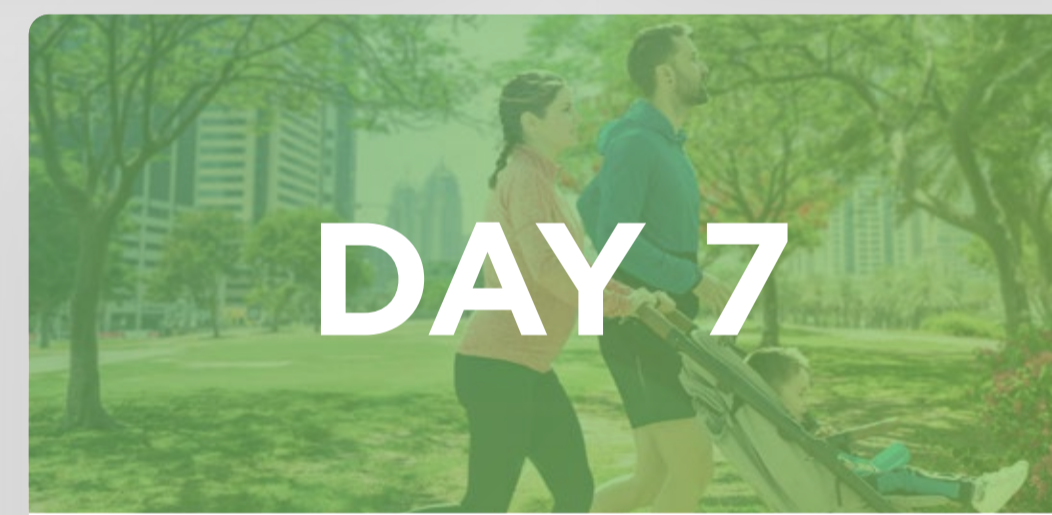
DAY 5

1.5km walk or jog
30-minute yoga



DAY 6

Rest day
Stretch exercises



DAY 7

1km walk or jog
Stretch to cool down

THIS WEEK'S TIPS AND TRICKS



Wear comfortable running shoes



Avoid caffeine later in the day as it can affect your sleep



Always have water near you and drink it throughout the day. Aim to drink 3 litres a day



Rest days are important, but you can still get your 30-minutes of movement in by meditating, doing house chores, and taking the stairs

TAG US DURING YOUR TRAINING!

 @DUBAIFITNESSCHALLENGE @ABDULLABINHAJAR

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