

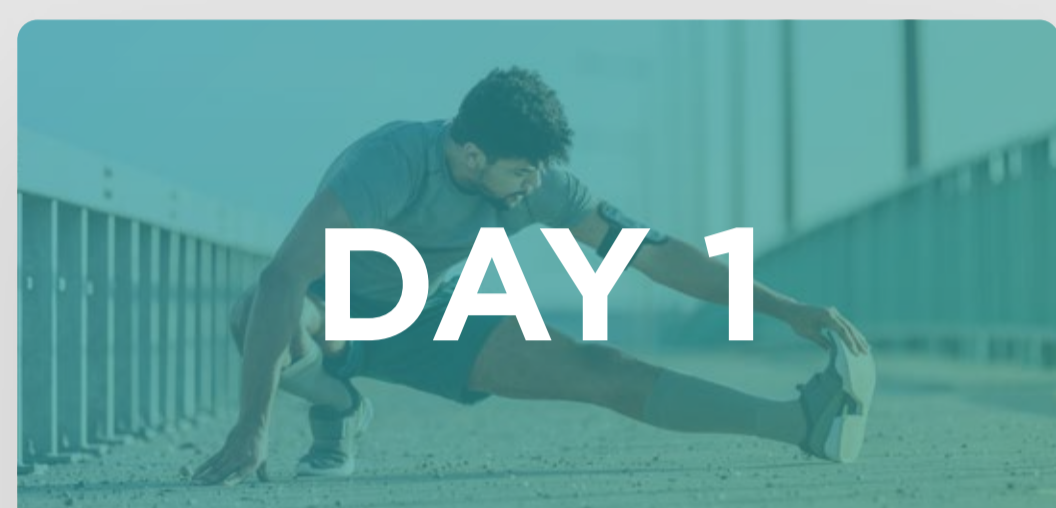


2KM

ABDULLA AL SHEHHI

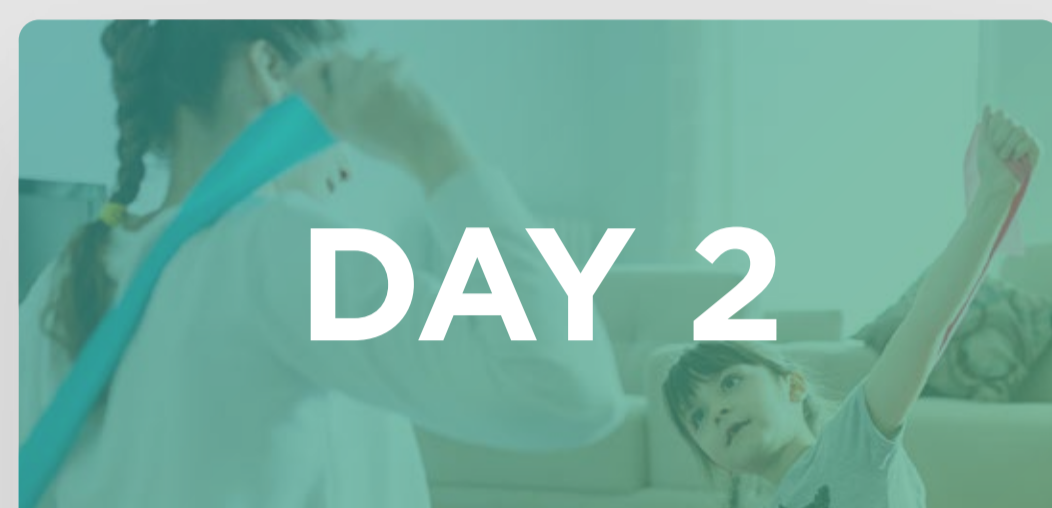
Coach

WEEK 2 TRAINING PROGRAMME



DAY 1

1km walk
Stretch to cool down



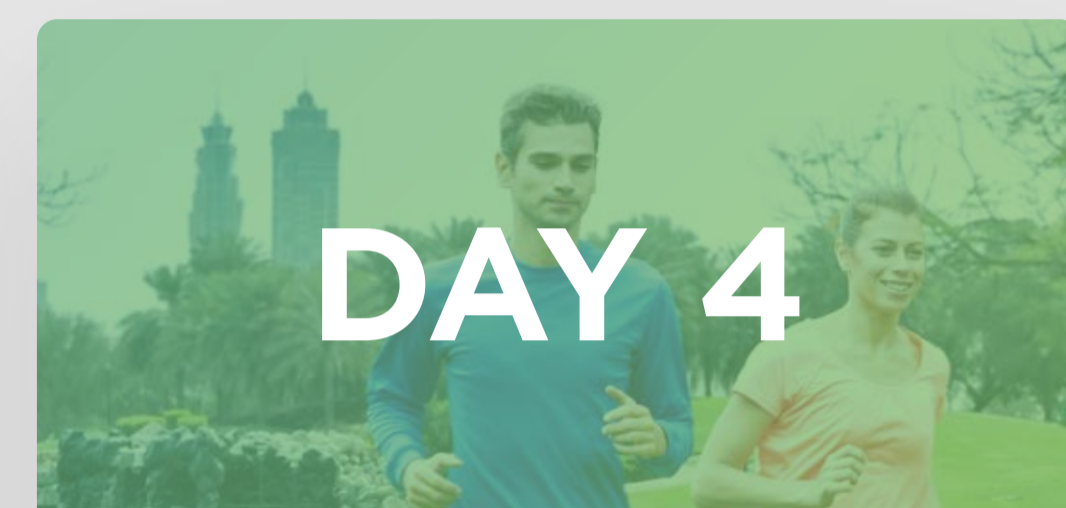
DAY 2

Rest
Or do 30-minutes
of light training



DAY 3

700m walk
300m run
Stretch to cool down



DAY 4

5-minute walk to warm up
Run 600m,
followed by 600m walk
Repeat twice
5-minute walk to cool down



DAY 5

1.5km walk or jog
30-minute yoga



DAY 6

Rest day
Stretch exercises



DAY 7

1km jog
30-minutes of stretching

THIS WEEK'S TIPS AND TRICKS



Don't forget to warm up before and cool down after the workout



Total yoga body workout:
<https://www.youtube.com/watch?v=kJjfle7CEwI>



Remember to have water nearby and aim to drink 3 litres a day



How to stretch:
<https://www.choosept.com/resources/detail/30-minute-home-strengthening-program>
<https://www.healthline.com/health/fitness-exercise/foam-rolling-how-to>

TAG US DURING YOUR TRAINING!

@DUBAIFITNESSCHALLENGE @ABDULLABINHAJAR

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