



5KM
LEE RYAN
Coach

WEEK 2 TRAINING PROGRAMME

DAY 1

10-minute walk
20-minute yoga

DAY 2

5-minute warm up
15-minute run
10-minute HIIT
5-minute cool down

DAY 3

1km run
2-minute walk
1km run
2-minute walk
1km run
5-minute walk

DAY 4

Rest day
30-minute walk

DAY 5

5-minute warm up
4-minute run, 1-minute walk
repeat 4 times
5km cool down

DAY 6

30-minute tempo run
(TT - time trial)

DAY 7

30-minute walk
Or
30-minute yoga/stretching

THIS WEEK'S TIPS AND TRICKS



Get some sunshine! 20-minutes outdoors offers up some much needed vitamin D and helps minimise stress



Work on your pace: All of the following methods are in the program to help with your progress, preparing you for the run mentally and physically

- Quick walk: Brisk pace with a sense of urgency
- Recovery run: You should be able to talk freely with your training partner with no issues
- Easy run: Similar to recovery run, but with a slightly quicker pace
- Fast run: Your body will feel the effort, you will only be able to say 3-5 words at a time to your running partner

- Tempo run (TT): This is a quick run, focused on building aerobic fitness and muscle endurance. It will feel hard. You will not be able to talk at this pace. Find a place you can keep going and stay mentally strong. This will yield results
- HIIT: High intensity interval training



Practice yoga - <https://m.youtube.com/watch?v=hYwSjk3H6IM>



Consistency - Ensure you follow the "4 Key Things" from Week 1's Tips and Tricks

TAG US DURING YOUR TRAINING!

@DUBAIFITNESSCHALLENGE @LEEMRYAN

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