



5KM
LEE RYAN
Coach

WEEK 1 TRAINING PROGRAMME



DAY 1

5-minute warm up
12-minute run
2-minute walk
5-minute cool down



DAY 2

10-minute brisk walk
10-minute run
5-minute brisk walk
5-minute slow walk



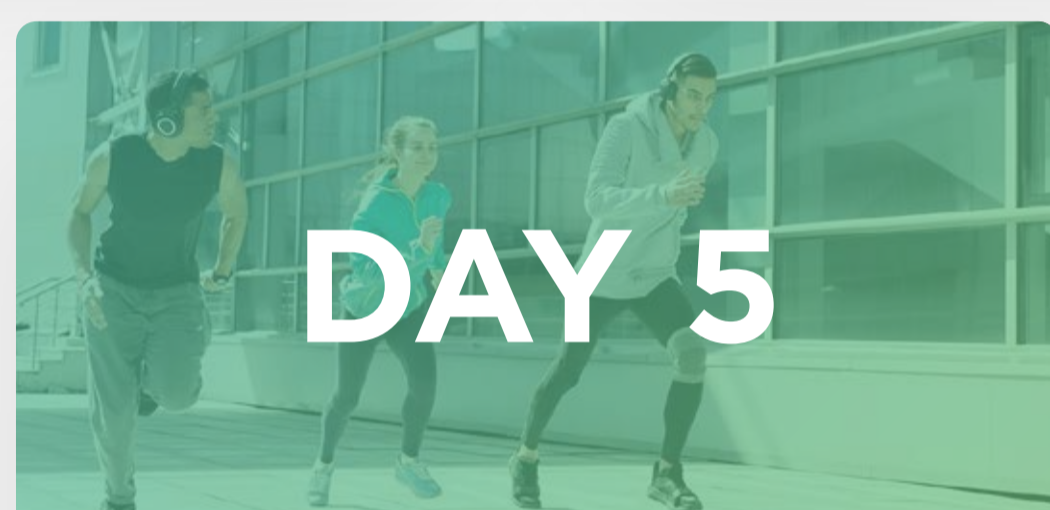
DAY 3

15-minute walk
15-minute yoga



DAY 4

Rest day
30-minute walk
at sunset with family



DAY 5

5-minute warm up
20-minute run
1-minute walk
5-minute cool down



DAY 6

10-minute brisk walk
10-minute run
5-minute brisk walk
5-minute slow walk



DAY 7

Baseline test
Record how long it takes
you to complete 5km

THIS WEEK'S TIPS AND TRICKS

Don't stress about the challenge and set your mind on why you want to finish it
Share your progress with your family and motivate them to exercise too

4 KEY THINGS TO HELP YOU STICK TO THE PROGRAMME AND KEEP A HEALTHY BALANCE IN LIFE:



Check your plan every day and track your progress



Maintain a good sleep routine and get a minimum
of 8 hours every night



Aim to drink at least 2 litres of water every day



Make sure to enjoy the process

TAG US DURING YOUR TRAINING!

@DUBAIFITNESSCHALLENGE @LEEMRYAN

#DUBAIRUN