

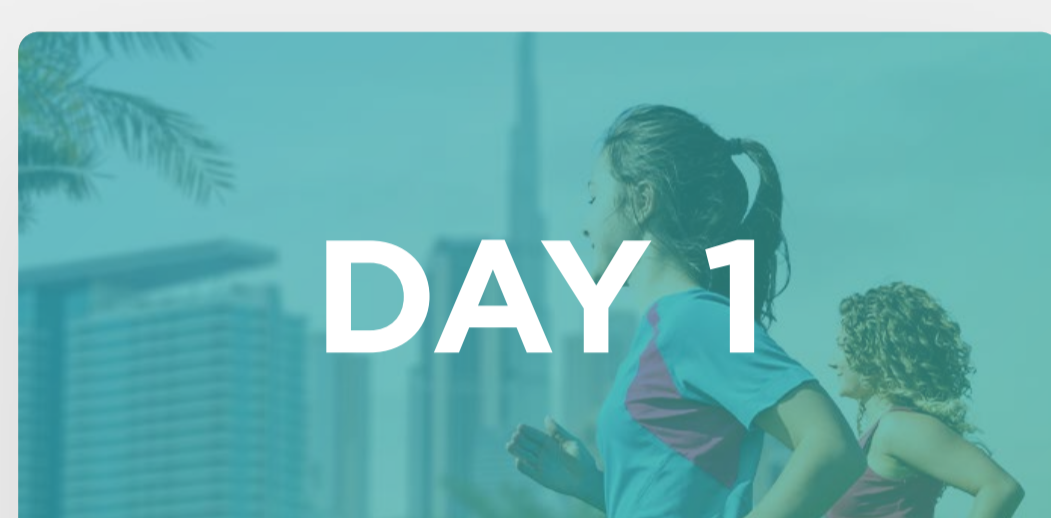


2KM

LOLLA KADDOURA

Coach

WEEK 1 TRAINING PROGRAMME



DAY 1

500m run
500m walk
Repeat twice



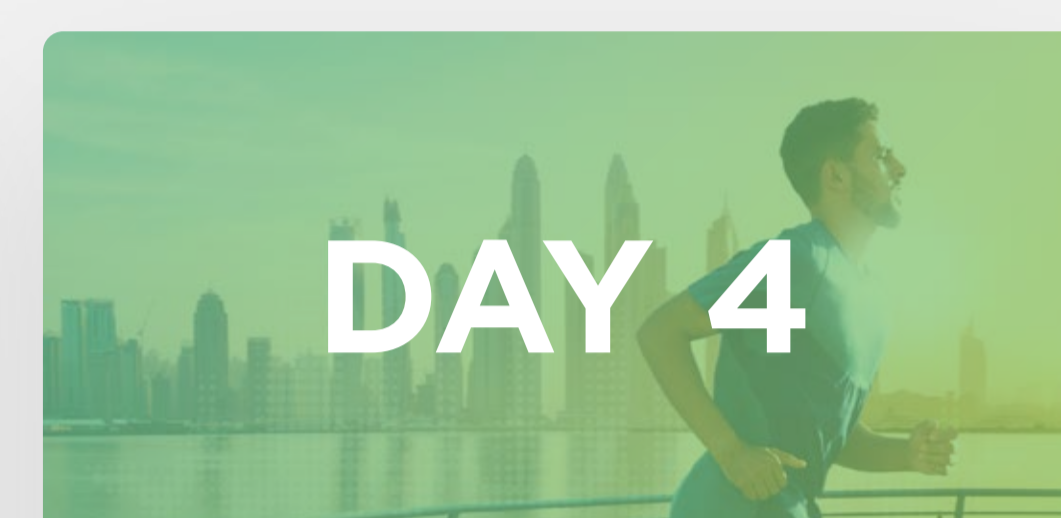
DAY 2

500m run
500m walk
Leg workout:
Squats: 15 reps x 3 sets
Lunges: 10 reps
on each side x 3 sets
Mountain climbers: 10 reps
on each side x 3 sets



DAY 3

500m run
500m walk
Repeat twice



DAY 4

500m walk
Arm workout:
Push ups: 10 reps x 3 sets
Triceps dips: 10 reps x 3 sets
Mountain climbers: 10 reps
on each side x 3 sets



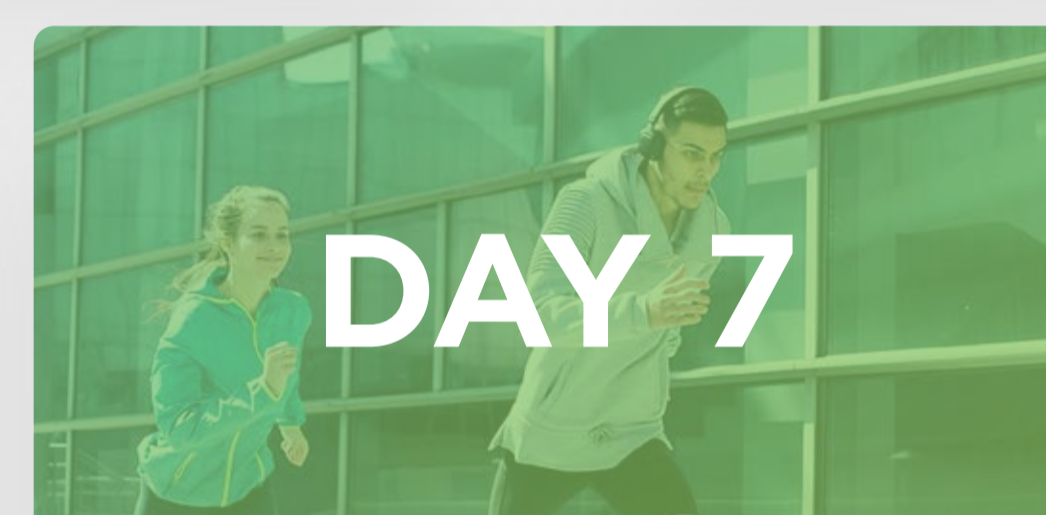
DAY 5

500m run
500m walk
Repeat twice



DAY 6

500m run
500m walk
Core workout:
Plank: 1-minute x 3 sets
Side plank: 30-seconds
on each side x 3 sets



DAY 7

500m run
500m walk
Repeat twice

THIS WEEK'S TIPS AND TRICKS



Stay hydrated by drinking 2 cups of water before and after running



Check out hydration calculator tools online for your body weight and size



Track your progress weekly and stay motivated for longer runs ahead



Performs some light stretches daily

TAG US DURING YOUR TRAINING!

@DUBAIFITNESSCHALLENGE @LOLLA_FITNESS

#DUBAIRUN