

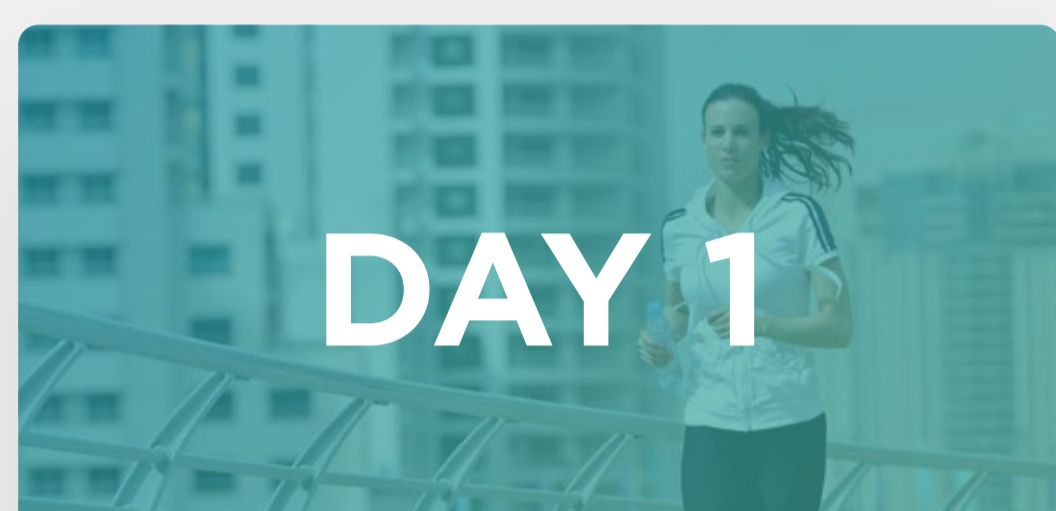


2KM

LOLLA KADDOURA

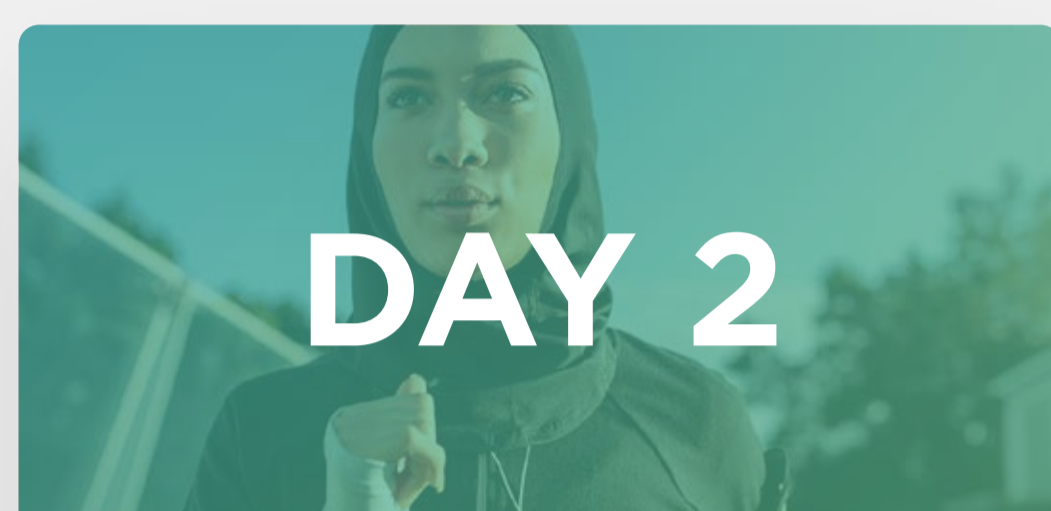
Coach

WEEK 2 TRAINING PROGRAMME



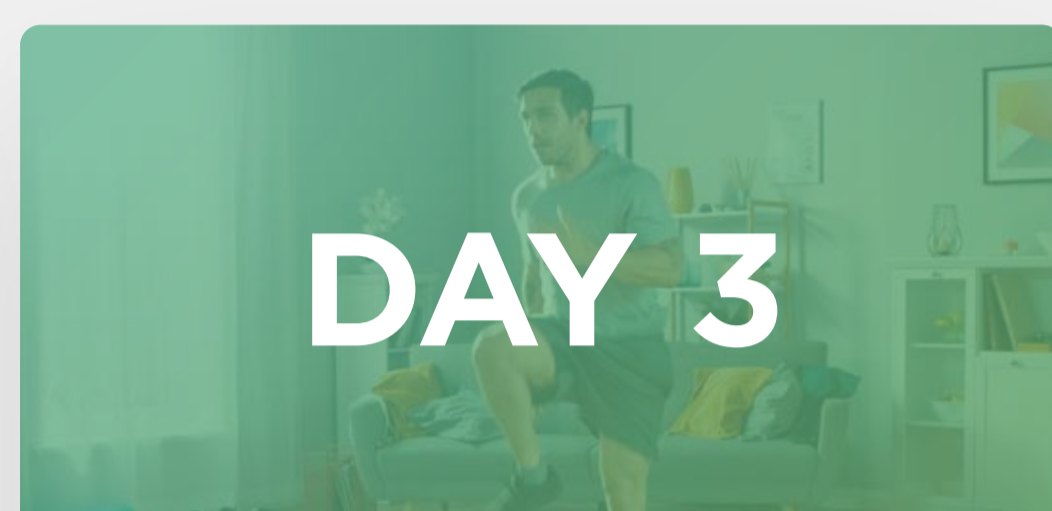
DAY 1

1km run
500m walk
500m run



DAY 2

1km walk
500m run
500m walk



DAY 3

1.5km run
500m walk
Leg workout:
Squats: 15 reps x 3 sets
Lunges: 10 on each side x 3 sets
Mountain climbers: 10 on each side x 3 sets



DAY 4

1km walk
500m run
500m walk



DAY 5

1.5km run
500m walk
Upper bodyweight workout
Push-ups: 12 reps x 3 sets
Tricep dips: 15 reps x 3 sets
Mountain climbers: 12 on each side x 3 sets



DAY 6

2km walk



DAY 7

2km run

THIS WEEK'S TIPS AND TRICKS



During the second week of the program, you will be running more and walking less, so keep up the daily stretches



Try and get a good night's sleep, about 8 hours a night is recommended



Don't skip on the body weight work outs - these will help make you a stronger runner. These can be swimming or cycling, just not running



Avoid caffeine after 2pm to help you fall asleep easily

TAG US DURING YOUR TRAINING!

@DUBAIFITNESSCHALLENGE @LOLLA_FITNESS

#DUBAIRUN