



10KM
LUKE GAFFNEY
Coach

- Download the NRC app.
- Create an account.
- Add 'Nike Run Club UAE' as a friend.
- You will be added to the 'Dubai Run' challenge!

WEEK 1 TRAINING PROGRAMME

DAY 1

Follow the audio-guided running meditation by Headspace on the Nike Run Club App

DAY 2

Follow the audio-guided Tempo Run with Paula on the Nike Run Club App

DAY 3

Follow the strength training working on the Nike Run Club App

DAY 4

Rest day
30-minute light run

DAY 5

Rest day
Make sure to stretch
Stay hydrated

DAY 6

5km at a light pace
(or as much as you can)
10 x 100m sprints

DAY 7

6km at a light pace

THIS WEEK'S TIPS AND TRICKS



Set goals for yourself



Get up early and avoid the snooze button



Download the Nike Training Club and Nike Run Club apps for strength training and stretching sessions



Start a nutrition journal to document how certain foods give you energy and affect your running



Always stretch before and after exercising

TAG US DURING YOUR TRAINING!

@DUBAIFITNESSCHALLENGE @LUKE.GAFFNEY.TRAINING

#DUBAIRUN