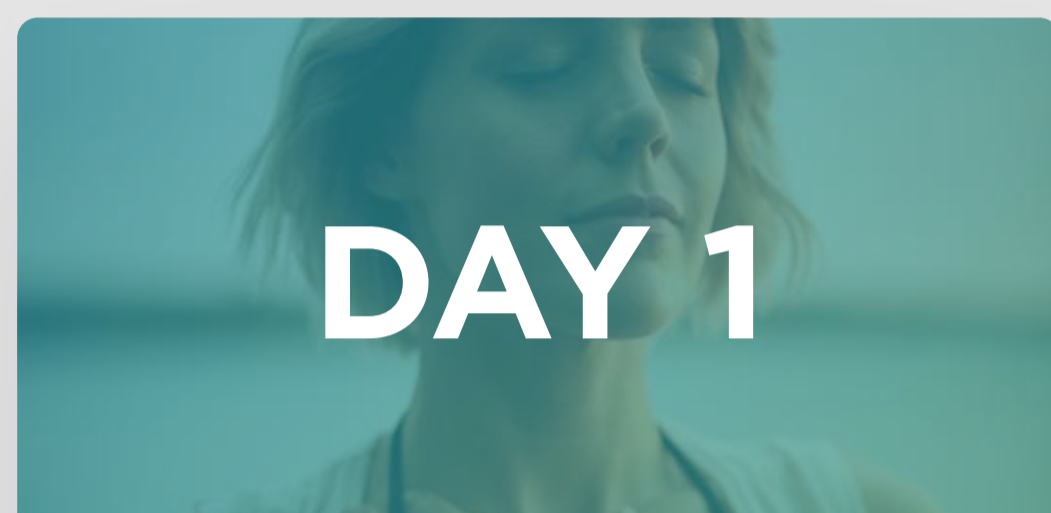




**10KM**  
**LUKE GAFFNEY**  
Coach


- 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 2 TRAINING PROGRAMME




**DAY 1**

**Rest day**  
Light stretching  
Deep breathing  
Epsom salt bath



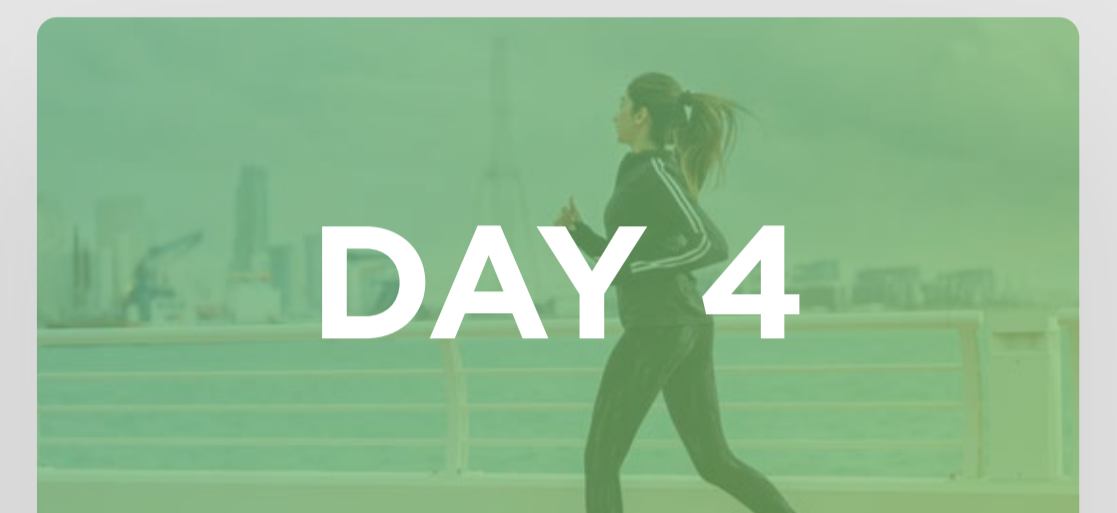
**DAY 2**

Speed session: 2-3km warm up  
6 x 600m - 3-minute recovery jog  
2-3km cool down walk




**DAY 3**

Follow "Runner Stability" strength training on the Nike Training Club App




**DAY 4**

Easy run:  
follow Run with Manal on the Nike Run Club App




**DAY 5**

**Rest day**  
Stay hydrated  
Light stretching  
Breathing work



**DAY 6**

Tempo run: 5-6km steady treadmill including multiple hills



**DAY 7**

Long run: 7.5km easy run

### THIS WEEK'S TIPS AND TRICKS

Consistency is key - you are now starting to develop some healthy habits, keep it up. By using the Nike Run Club App you will be able to track your progress by looking back and seeing your timing splits, pace etc. and it can help with your motivation

By now you should have a go-to warm up and cool down routine; this is important. Do not start stretching when you feel tight or you will start to pick up small injuries. Think of stretching as maintenance, like brushing your teeth

Hydration is very important, check out this article for more info: <https://www.runnersworld.com/uk/nutrition/a761780/rws-complete-guide-to-hydration>

Positive reinforcement: talk to yourself like you would do someone you love. Don't beat yourself up if you have a bad day; start with "I can"

**TAG US DURING YOUR TRAINING!**

@DUBAIFITNESSCHALLENGE @LUKE.GAFFNEY.TRAINING

**#DUBAIRUN**