




5KM

LUKE MATHEWS


Coach

WEEK 1 TRAINING PROGRAMME




DAY 1

20-minute walk
10-minute brisk walk




DAY 2

4-minute walk
1-minute jog
Repeat 6 times




DAY 3

Rest day
15-minute light walk
15-minute stretching



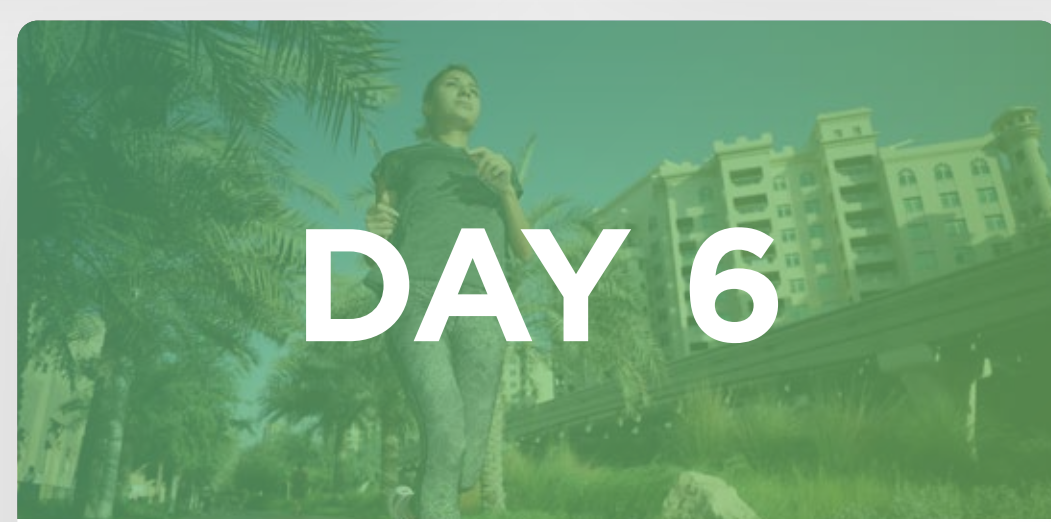
DAY 4

4-minute walk
1-minute jog
Repeat 6 times



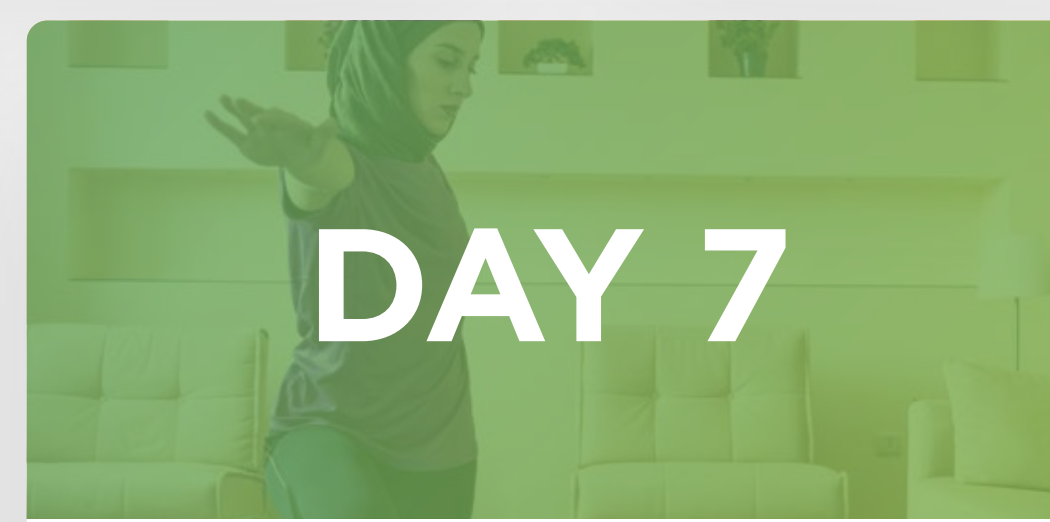
DAY 5

A non-running exercise of your choice. For e.g.: swim, bike, yoga, etc.



DAY 6

3-minute walk
2-minute jog
Repeat 6 times



DAY 7

Rest day
15-minute light walk
15-minute stretching

THIS WEEK'S TIPS AND TRICKS



Partner up with friends and family and train together (ensure safety with social distancing)



Replace carbonated and sugary drinks with water



Rehydrate after exercising and avoid energy drinks



Rest days are important but you can still get your 30-minutes in by walking around the house

TAG US DURING YOUR TRAINING!

 @DUBAIFITNESSCHALLENGE @TRIHARDLUKE

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