



5KM

LUKE MATHEWS

Coach

WEEK 2 TRAINING PROGRAMME



DAY 1

4km fast walking interspersed with 1-minute jogs



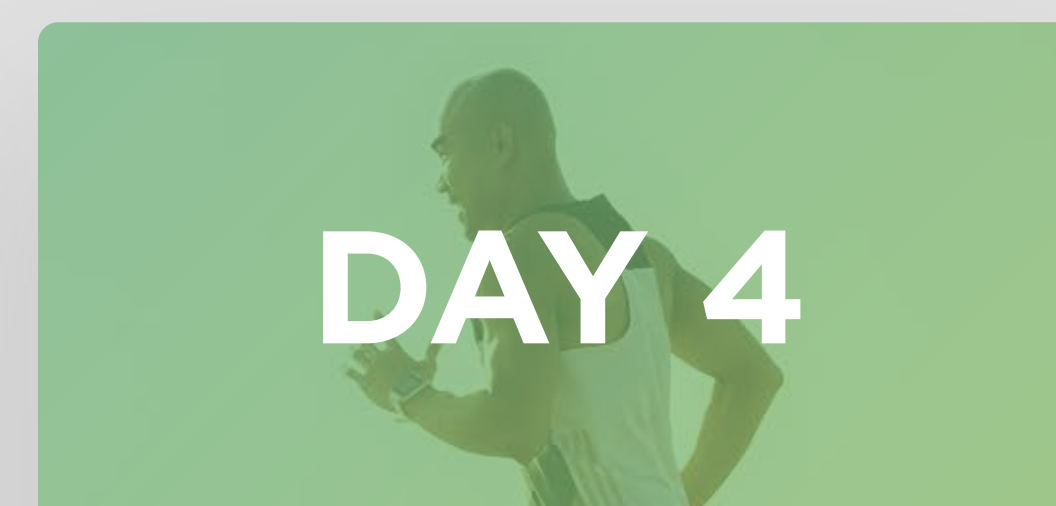
DAY 2

30-minutes of training; swimming, cycling, yoga or gym



DAY 3

Rest day
15-minute easy walk
15-minute mobility exercises or stretching



DAY 4

2-minute walk
2-minute fast run
2-minute jog
Repeat 6 times



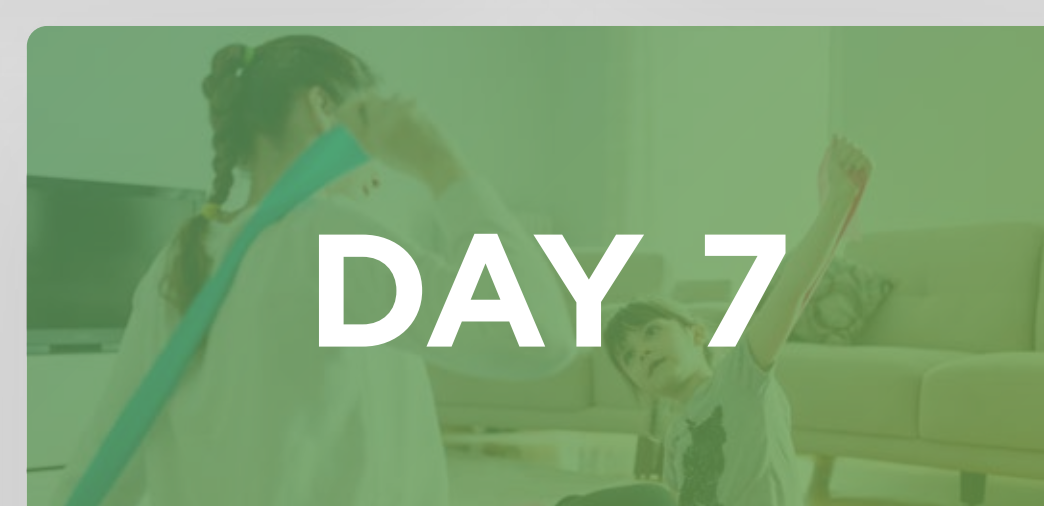
DAY 5

30-minutes of training; swimming, cycling, yoga or gym (do anything you enjoy except running)



DAY 6






3-minute walk
2-minute jog
Repeat 6 times



DAY 7

Rest day
15-minute easy walk
15-minute mobility exercises or stretching

THIS WEEK'S TIPS AND TRICKS

-  Routine and consistency throughout this plan are key. Ensure you are planning your day with the required session in mind
-  Make moving your body for at least 30-minutes each day compulsory - trust me it will make you feel good
-  Try to stick to the same time each day to work out - you are more likely to keep to it once it starts becoming part of your daily routine
-  Cutting out fast food this week is non-negotiable. If you have it often then have it just once this week as a treat or 'cheat meal'. Ideally, eliminate it entirely, but reducing your consumption of it is a good start
-  Try to go to bed and wake up at the same time each day. Remove any screens from your bedroom so you can get better quality sleep

TAG US DURING YOUR TRAINING!

 @DUBAIFITNESSCHALLENGE @TRIHARDLUKE

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