



**10KM**  
**MANAL ROSTOM**  
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**

3km walk or jog using the audio guided run with Manal on the Nike Run Club app

**DAY 2**

Rest day  
Stay hydrated  
Stretching exercises

**DAY 3**

3.5km run using the audio guided run with Manal on the Nike Run Club app

**DAY 4**

Work out using the audio guided training with Manal on the Nike Run Club app

**DAY 5**

Rest day  
Stay hydrated  
Stretching exercises

**DAY 6**

Work out using the audio guided training with Manal on the Nike Run Club app

**DAY 7**

Rest day  
Stay hydrated  
Stretching exercises

### THIS WEEK'S TIPS AND TRICKS

- Replace juice with water
- Carry a 1.5 litre water bottle with you and aim to finish it daily
- Make sure you stretch before and after every workout

- Check out the Deep Restorative Yoga class on the Nike Training Club App
- Spray lavender oil on your pillow for a better night's sleep

**TAG US DURING YOUR TRAINING!**

@DUBAIFITNESSCHALLENGE @MANIROSTOM

**#DUBAIRUN**