



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 2 TRAINING PROGRAMME

DAY 1

4km speed run using audio guided training with Sanya

DAY 2

3km intervals run
Audio guided run:
Rhythm and Roll

DAY 3

Rest day
Stay hydrated
Stretching exercises

DAY 4

Work out using the audio guided training: Run and Train Lower Body

DAY 5

Audio guided training for 5km long run

DAY 6

Rest day
Stay hydrated
Stretching exercises

DAY 7

Audio guided run and core training

THIS WEEK'S TIPS AND TRICKS

- Check out the Full Body Strength Yoga class on the Nike Training Club App
- Try switching off all social media, digital appliances and mobile phone at least 30 minutes before bed

- Add lemon or mint to your water in an infusion water bottle. Another option is to add fruit or honey for flavour
- A 10-minute meditation session every morning can really prepare you for a long and active day

TAG US DURING YOUR TRAINING!

@DUBAIFITNESSCHALLENGE @MANIROSTOM

#DUBAIRUN