



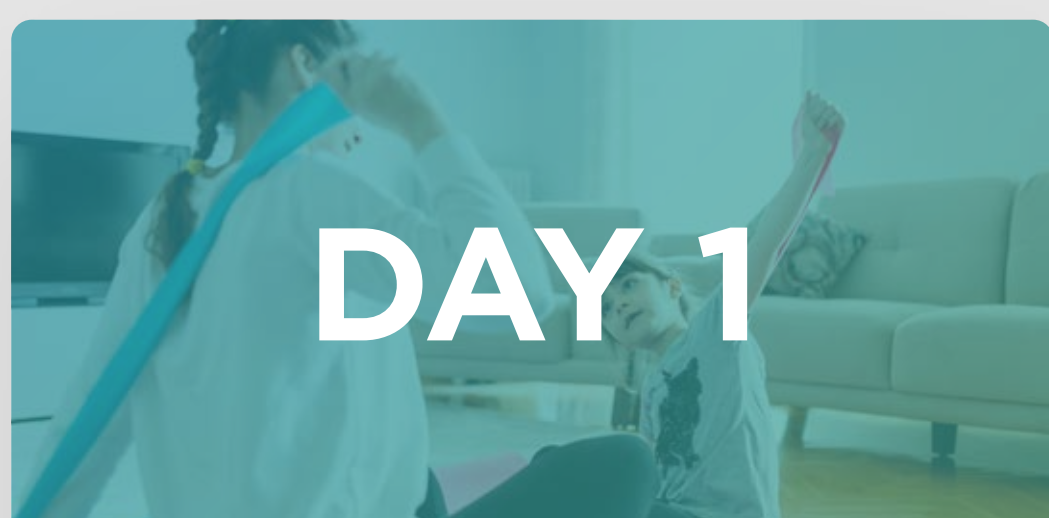




10KM
LUKE GAFFNEY
Coach

-  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 3 TRAINING PROGRAMME



DAY 1

Rest day
Light stretching



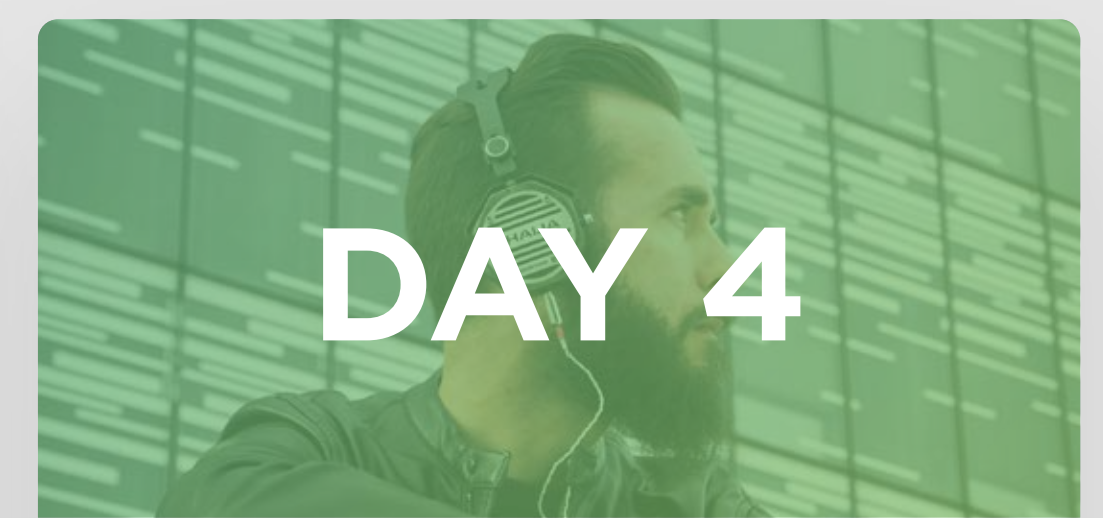
DAY 2

Speed session: 2-3km
warm up
5 x 800m - 3-minute
recovery jog
2-3km cool down walk




DAY 3

Follow the strength session
"Goal Getter" on the Nike
Training Club App



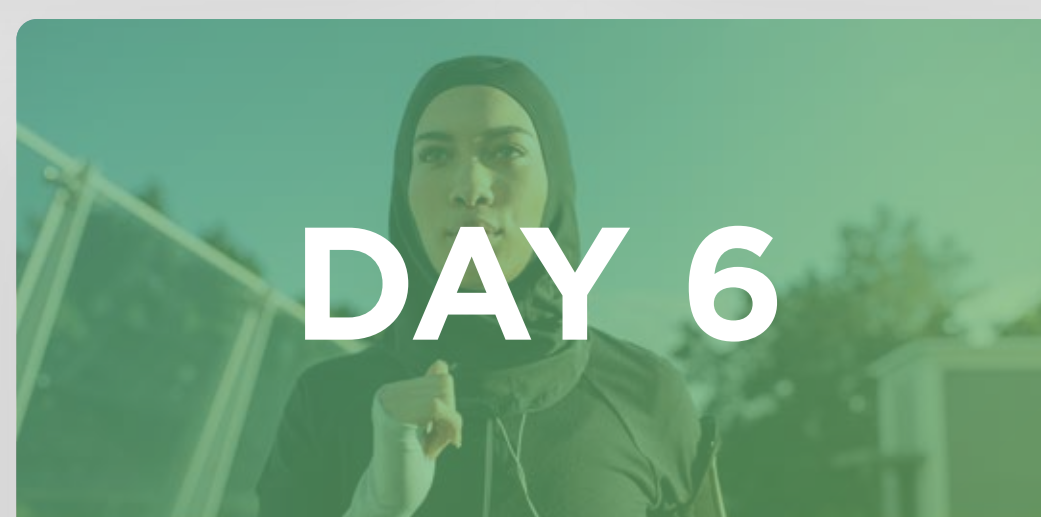
DAY 4

Rest day
Or easy run: follow the audio
guided "End of the day run:
Headspace" on the Nike Run
Club App




DAY 5

Rest day
Light stretching



DAY 6


Tempo run:
20-minute easy run
20-minute hard run
20-minute easy run
to cool down




DAY 7


9km easy pace long run

THIS WEEK'S TIPS AND TRICKS

 Lots of intensity this week, so you will need to up your recovery game: sleep, eat, stretch and repeat

 Try familiarising yourself with the feeling of getting comfortable with being uncomfortable

 If things start to get tough, do not give up. Great things happen outside of your comfort zone

 Employ visualisation; start to imagine the finish line. Imagine how good it would feel when you are done and all the hard work pays off. Also consider what it takes to get you there. Nothing comes easy, but the feeling at the finish line will make it 100% worth it

TAG US DURING YOUR TRAINING!

 @DUBAIFITNESSCHALLENGE @LUKE.GAFFNEY.TRAINING

#DUBAIRUN