



**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 3 TRAINING PROGRAMME

**DAY 1**

5km Recovery run using the Audio Guided Run "Just a run" on the Nike Run App

**DAY 2**

5km Recovery run using the Audio Guided Run "Run with Lopez Part 1: 1km Jog/Walk" on the Nike Run App

**DAY 3**

**Rest day**  
Stay hydrated  
Stretching exercises

**DAY 4**

**Rest day**  
Stay hydrated  
Stretching exercises

**DAY 5**

Cross train using the Audio Guided Run "Run & Train: Upper Body" on the Nike Run App

**DAY 6**

5-6km Interval Runs run using the Audio Guided Run "60's" on the Nike Run App

**DAY 7**

5-6km Long Run using the Audio Guided Run "A Hot Run" on the Nike Run App

### THIS WEEK'S TIPS AND TRICKS



Check out the Lengthen & Flow Yoga class on the Nike Training Club App



If you easily forget to hydrate, simply set a reminder on your phone to drink water every two hours



How to stretch:  
<https://www.realbuzz.com/articles-interests/running/article/10-stretches-for-runners/>



Download a new playlist whenever you want to freshen up your run. You can check out my playlist here:  
<https://music.apple.com/us/playlist/run-with-manal/pl.c5c52c3a0a0c42888f2ebd3d4b59eb0a>

**TAG US DURING YOUR TRAINING!**

@DUBAIFITNESSCHALLENGE @MANIROSTOM

# #DUBAIRUN