



2KM

ABDULLA AL SHEHHI

Coach

## WEEK 3 TRAINING PROGRAMME



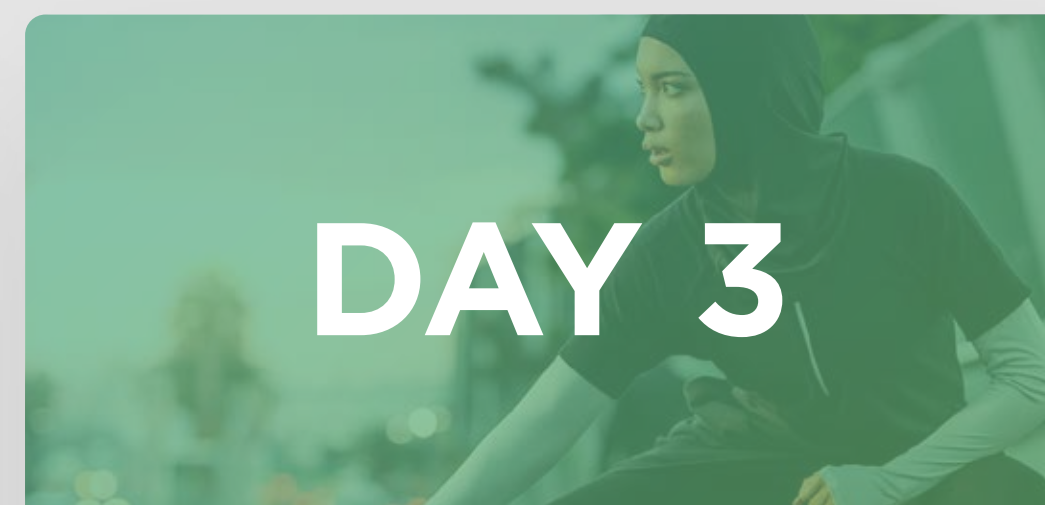
DAY 1

1.5km walk  
Stretch to cool down



DAY 2

Rest  
Or do 30-minutes  
of light training



DAY 3

1km walk  
Stretch to cool down



DAY 4

5-minutes walk to warm up  
Run 800m,  
followed by 800m walk  
Repeat twice  
5-minutes walk to cool down



DAY 5

1km walk  
500m jog  
20-minutes of yoga



DAY 6

Rest day  
Stretch exercises



DAY 7

1.5km jog  
30-minutes of stretching

### THIS WEEK'S TIPS AND TRICKS



Drink one glass of water before each meal to increase your water intake



Total yoga body workout:  
<https://www.youtube.com/watch?v=kJjfle7CEwI>



Take a relaxing bath or shower for a better night's sleep



How to stretch:  
<https://www.choosept.com/resources/detail/30-minute-home-strengthening-program>  
<https://www.healthline.com/health/fitness-exercise/foam-rolling-how-to>

TAG US DURING YOUR TRAINING!

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