

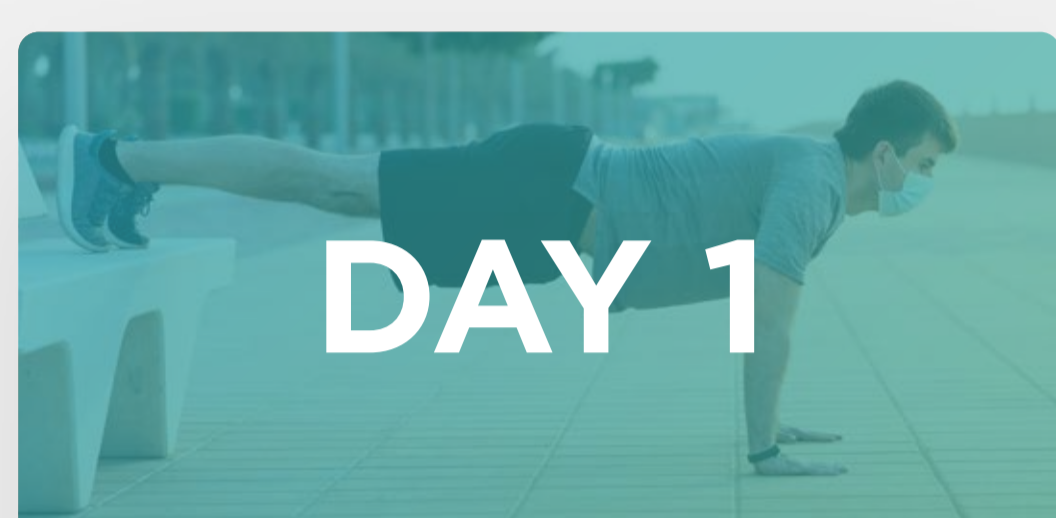


2KM

LOLLA KADDOURA

Coach

WEEK 3 TRAINING PROGRAMME



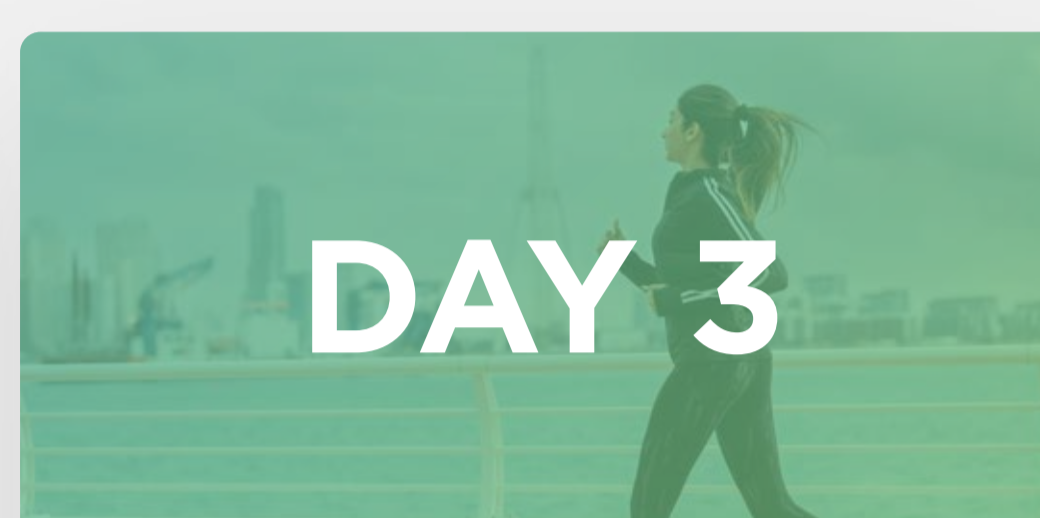
DAY 1

1.5km run
500m walk
Core workout:
1-minute planks: 3 x reps
30-second side planks
on each side



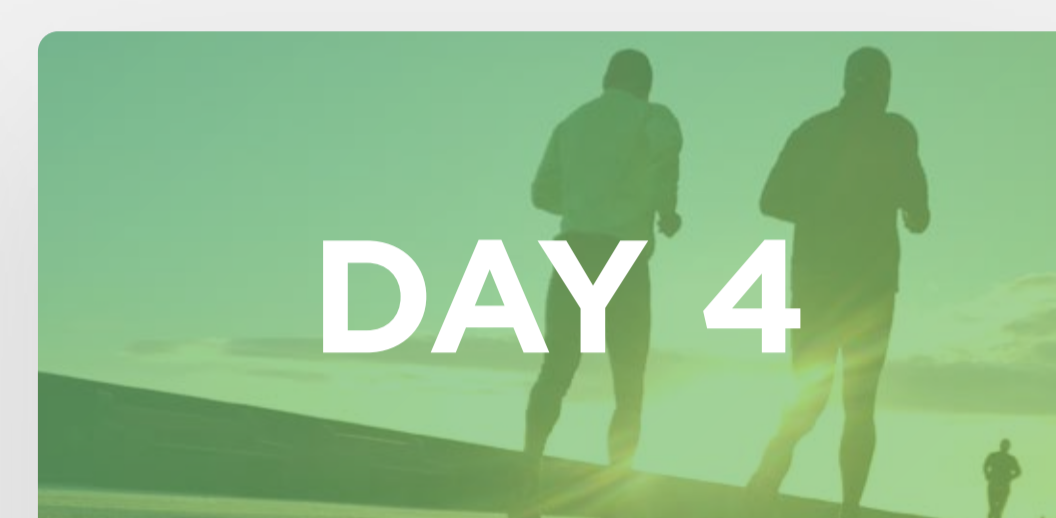
DAY 2

Take some rest today.
Do something to relax.



DAY 3

1km run
**Follow high-intensity interval
training (HIIT):**
Burpees: 5 x 3 sets
Mountain climbers: 15 on each
side x 3 sets
Push-ups: 12 x 3 sets



DAY 4

500m walk
1km run
500m walk



DAY 5

1km walk
1km run



DAY 6

1.5km run
Follow HIIT:
Jumping jacks: 10 x 3 sets
Walkout: 15 x 3 sets
Air squats: 10 x 3 sets



DAY 7

2km run

THIS WEEK'S TIPS AND TRICKS



Practice the daily strength exercises - these will help build up your strength and endurance to achieve the 2km running target throughout week 4 ahead of the run



Try and eat balanced meals. Refer to my wellness and nutrition guide for tips



Avoid using electronic devices, including mobile phones, an hour before bed

TAG US DURING YOUR TRAINING!

📷 @DUBAIFITNESSCHALLENGE @LOLLA_FITNESS

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