



5KM
LEE RYAN
Coach

WEEK 4 TRAINING PROGRAMME



DAY 1

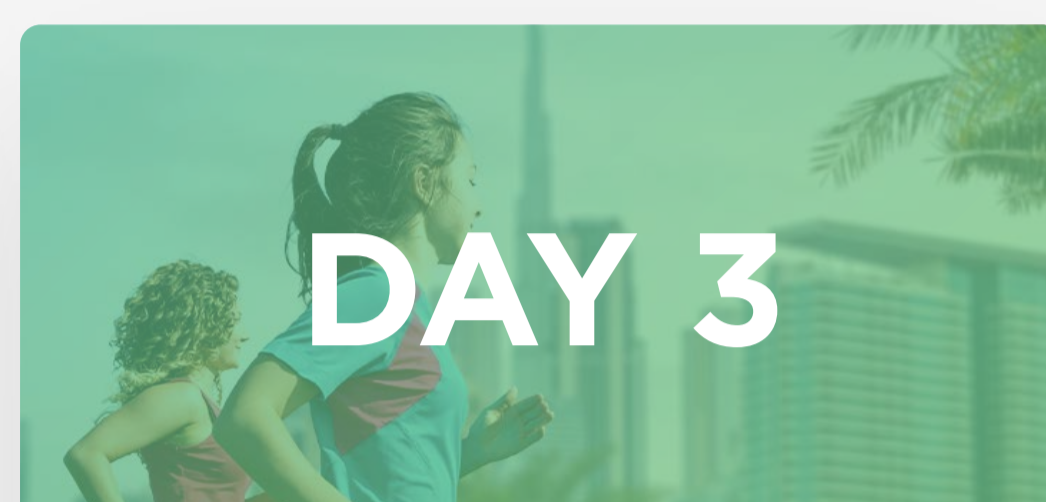
Baseline test

Record how long it takes you to complete 5km



DAY 2

30-minute slow recovery jog
30-minute yoga/stretching



DAY 3

1km run
2-minute walk
1km run
2-minute walk
1km run
5-minute walk



DAY 4

Rest day

45- minute relaxing walk around your neighbourhood



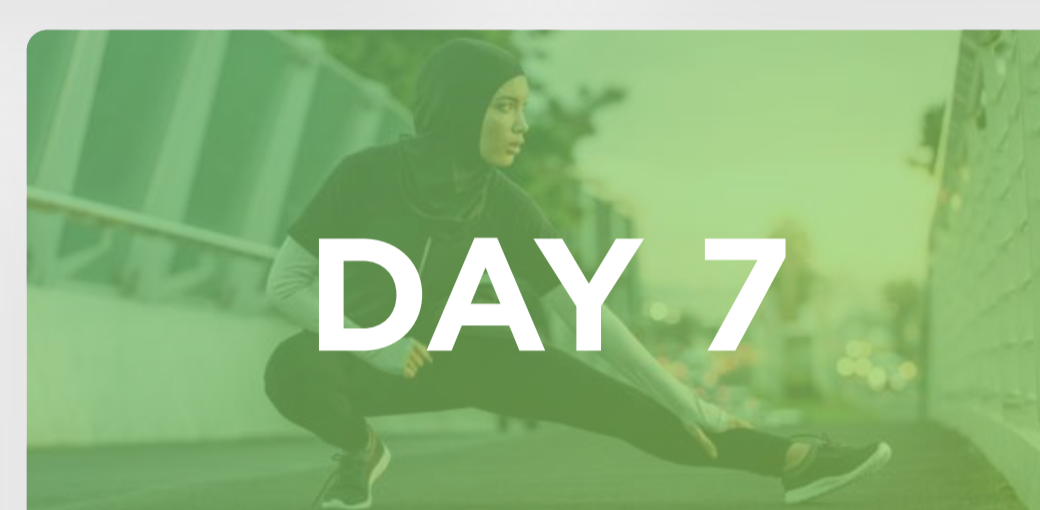
DAY 5

5-minute warm up
10 x 1-minute hard run with 1-minute rest
5-minute cool down



DAY 6

30-minute slow jog



DAY 7

30-minute walk
Or
30-minute yoga/stretching

THIS WEEK'S TIPS AND TRICKS

This week is for building confidence and ensuring you are healthy on the day. Fitness won't change this week, but the focus is on strengthening the mind. Refer to the tips and tricks from the previous weeks and ensure that you are following them too.

Day 1 a practice race to compare with your first baseline test. The outcome should give you confidence for race day to push yourself, taking as much as you can from the baseline test

Focus on recovery again this week, and ensure you are getting enough sleep, sunshine and water

Day 3 your run should be fast-paced for the 1km repeats to help you build steam

Day 5 relax in the 1 minute repeats, do not stress, allow your body to naturally flow and do not focus on pace or time

On run day: remember that you have worked for it, ensure you have fun, run hard, take pride in your achievements and finish strong.

TAG US DURING YOUR TRAINING!

@DUBAIFITNESSCHALLENGE @LEEMRYAN

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