



2KM

LOLLA KADDOURA

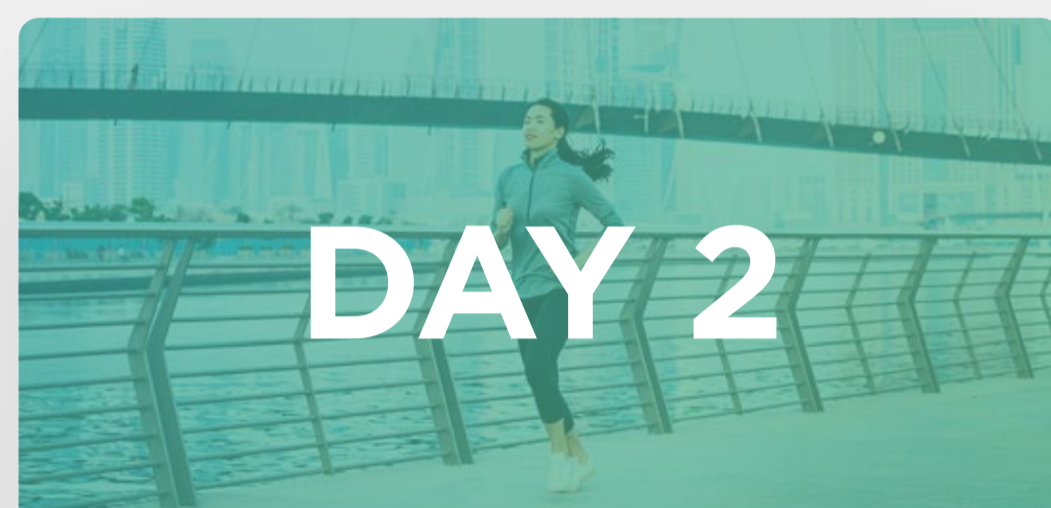
Coach

WEEK 4 TRAINING PROGRAMME



DAY 1

500m walk
1km run
500m walk



DAY 2

2km run



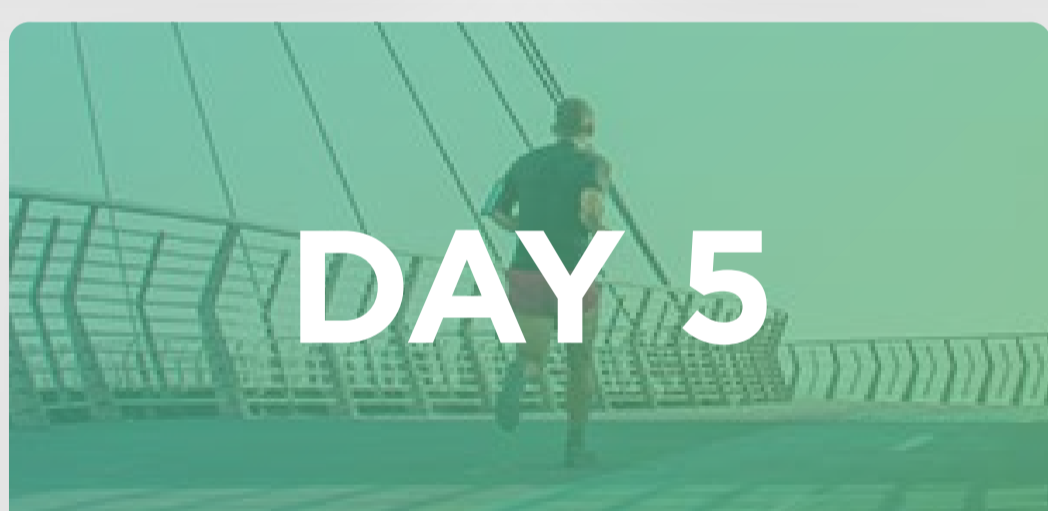
DAY 3

1.5km run
Workout:
Knee tuck
Mountain climbers
Plank with arm reach
Shoulder taps



DAY 4

2km run



DAY 5

1km run
500m walk
500m run



DAY 6

2km run



DAY 7

Rest day
Carb up

THIS WEEK'S TIPS AND TRICKS



This week rest is important, so maintain and increase your daily stretches



Do some yoga, which is good for the mind and body



Keep your hydration on point this week, so you are well-hydrated on the day of the run



On Run day, my only advice is to do your best and just have fun

TAG US DURING YOUR TRAINING!

 @DUBAIFITNESSCHALLENGE @LOLLA_FITNESS

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