



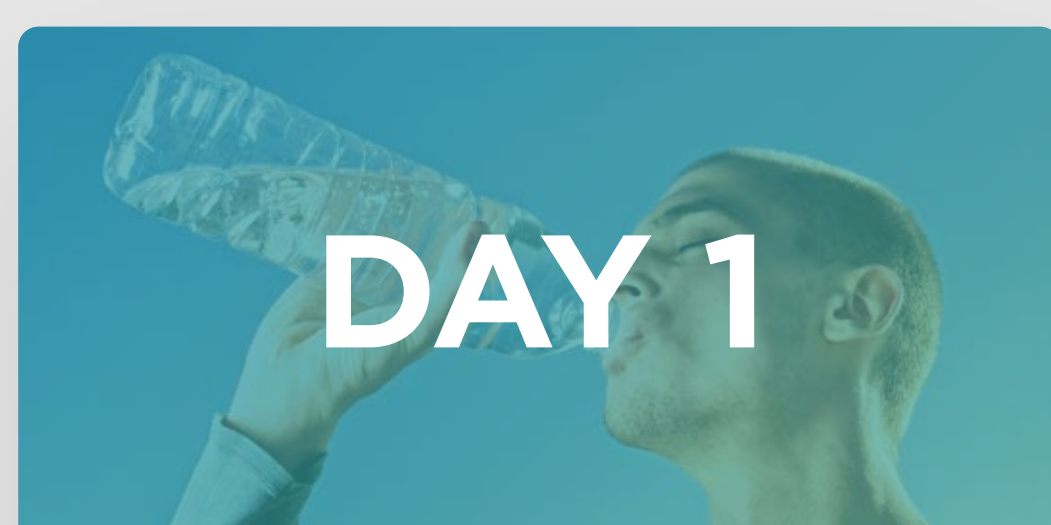




10KM
LUKE GAFFNEY
Coach


-  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 4 TRAINING PROGRAMME




DAY 1

Rest day
Hydrate



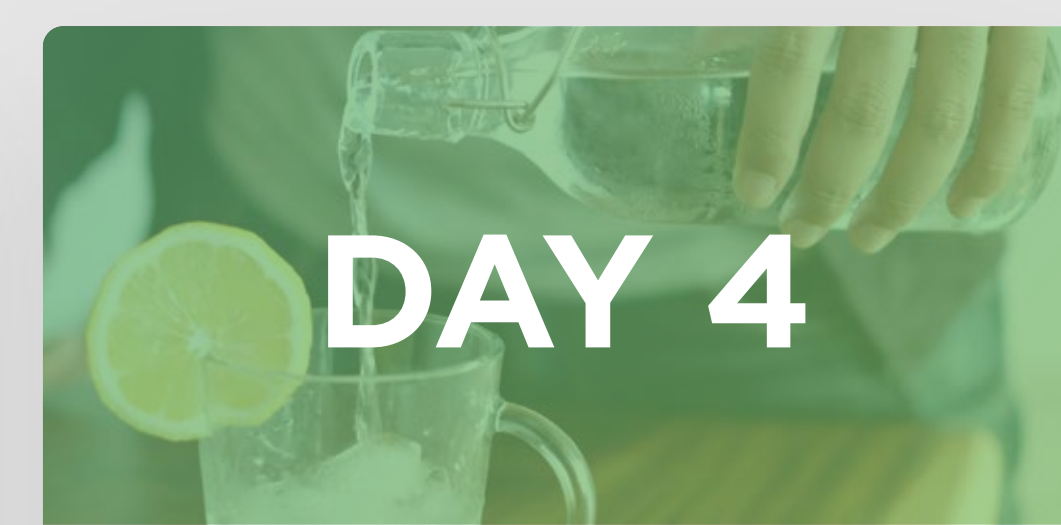
DAY 2

Speed session: 2-3km
easy warm up
6 x 400m - 400m recovery
3km cool down walk




DAY 3

Follow the audio guided run
and lower body training
on the Nike Run Club App




DAY 4

Rest day
Hydrate



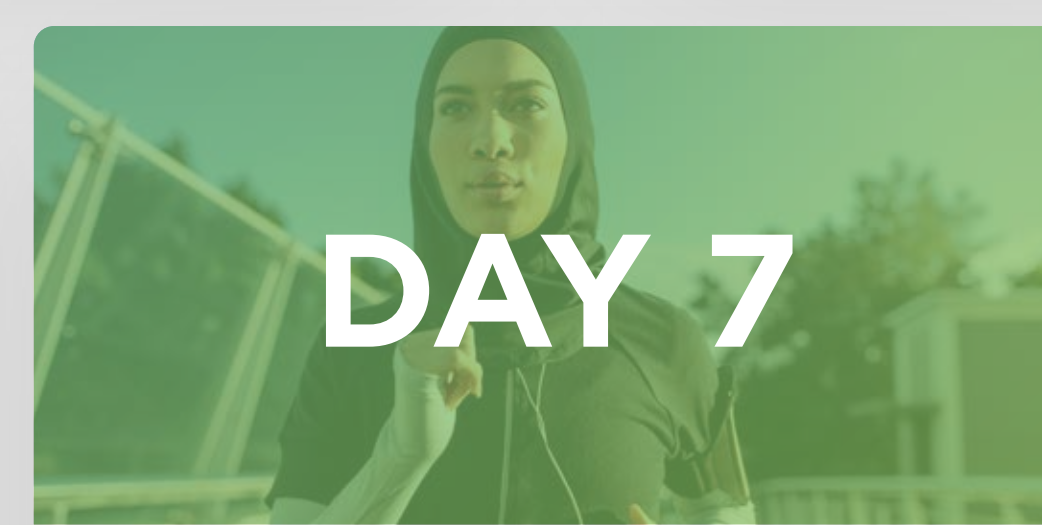
DAY 5

Follow the audio guided easy
pace "Big day mindful run"
on the Nike Run Club App



DAY 6

Rest day
Light stretching
Get an early night's rest



DAY 7

Get ready to conquer your
10km run!

THIS WEEK'S TIPS AND TRICKS



There should be a big focus on recovery this week in anticipation of your run, so try out 'runner flexibility' from the Nike Training Club App



Have a run day nutrition routine in place. By now you should be able to look back at your journal and know what works best in regards to your nutrition



Get a banging music playlist ready for you to smash your 10K!



Remember, having followed this program, the hard work has already been done. Try not to put too much pressure on yourself come the day of the run, enjoy the fruition of your training and enjoy the experience. You got this!

TAG US DURING YOUR TRAINING!

 **@DUBAIFITNESSCHALLENGE @LUKE.GAFFNEY.TRAINING**

#DUBAIRUN