

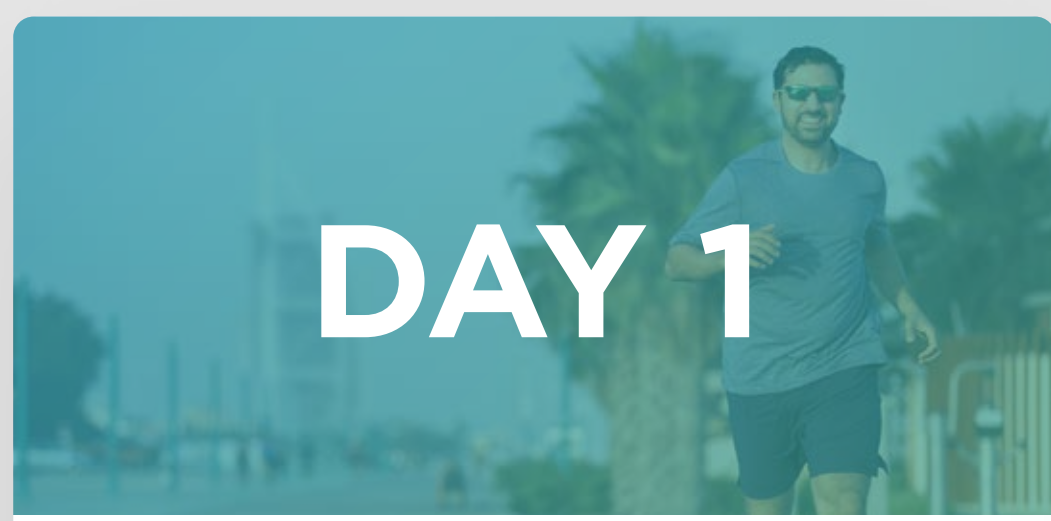


2KM

ABDULLA AL SHEHHI


Coach

WEEK 4 TRAINING PROGRAMME



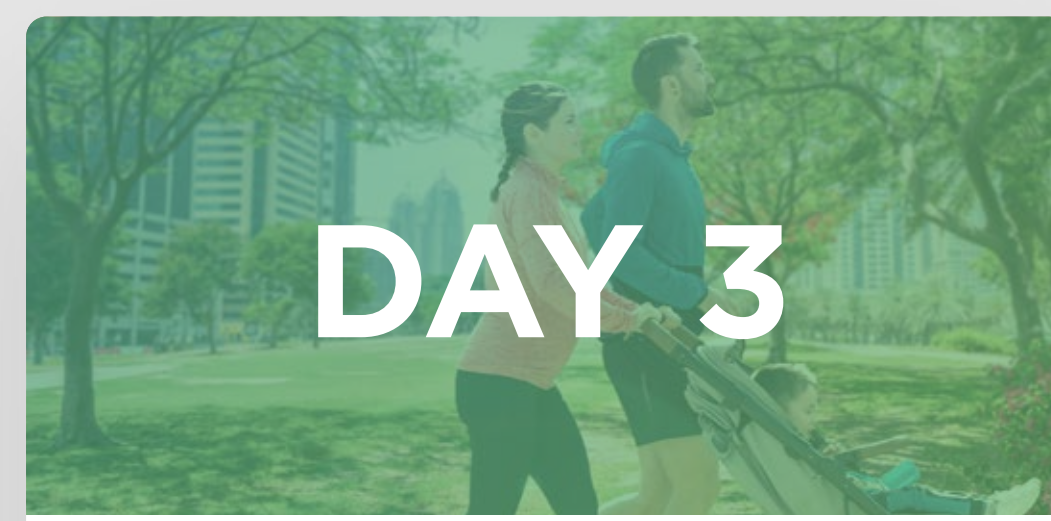
DAY 1

1km walk
Stretch to cool down




DAY 2

Rest
Or do 15-minutes
of training



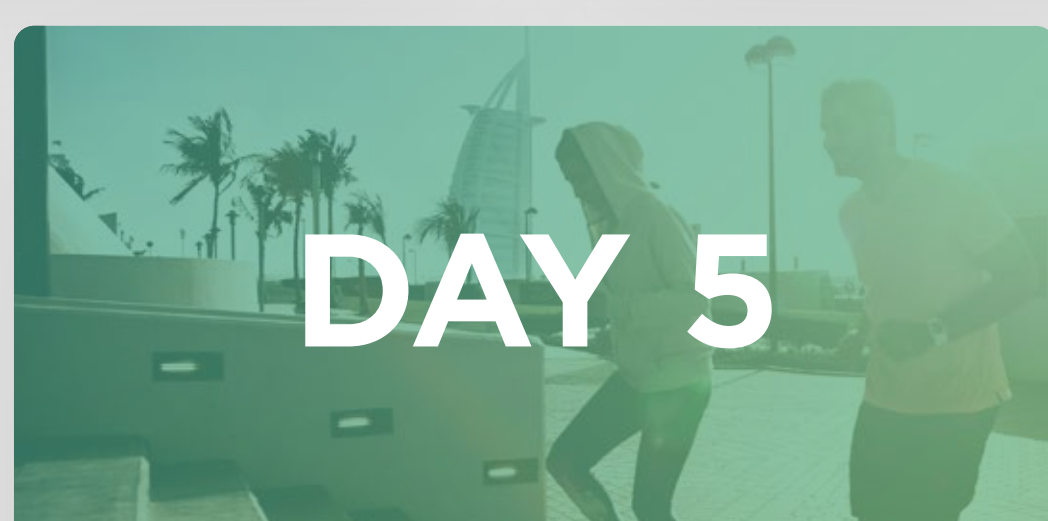
DAY 3

1.5km walk
500m jog
Stretch to cool down




DAY 4

5-minute walk to warm up
Run 750m
followed by 750m walk
Repeat twice
5-minute walk to cool down




DAY 5

1.5km walk or jog
30-minutes of yoga



DAY 6

Rest day
Stretch exercises



DAY 7

500m run only as it's
the day before your run
Stretch to cool down

THIS WEEK'S TIPS AND TRICKS

 Invest in breathable t-shirts to help keep you dry

 Eat food that is high in water content:
such as watermelon, lettuce and zucchini

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

 Spray lavender oil on your pillow for a better night's sleep

TAG US DURING YOUR TRAINING!

 @DUBAIFITNESSCHALLENGE @ABDULLABINHAJAR

#DUBAIRUN