



10KM
MANAL ROSTOM
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

5-6km Long Run using the Audio Guided Run "Success Run" on the Nike Run App

DAY 2

Rest day
Stay hydrated
Stretching exercises

DAY 3

6-7km Long Run using the Audio Guided Run "A Run with Sandy" on the Nike Run App

DAY 4

3km Recovery run using the Audio Guided Run "Twenty Minute Run" on the Nike Run App

DAY 5

Tempo Run using the Audio Guided Run "8km Tempo Run" on the Nike Run App

DAY 6

Rest day
Stay hydrated
Stretching exercises

DAY 7

Conquer your very first 10km run!

THIS WEEK'S TIPS AND TRICKS



Check out the Ultimate Flow Yoga class on the Nike Training Club App



Completely relax by lighting candles and playing soothing music while soaking your feet in warm water with Epsom salt for 10 minutes before bed



How to stretch:
<https://www.health.harvard.edu/staying-healthy/the-importance-of-stretching>



Turn off all the lights to help your body to adjust to bedtime

TAG US DURING YOUR TRAINING!

@DUBAIFITNESSCHALLENGE @MANIROSTOM

#DUBAIRUN