



5KM
LUKE MATHEWS
Coach

WEEK 3 TRAINING PROGRAMME



DAY 1

3-minute walk
7-minute run
Repeat 3-4 times



DAY 2

30-minutes of training;
swimming, cycling,
yoga or gym



DAY 3

Rest day
15-minute easy walk
15-minute mobility
exercises or stretching



DAY 4

2-minute walk
3-minute fast run
1-minute jog
Repeat 5 times



DAY 5

30-minutes of training;
swimming, cycling,
yoga or gym
(do anything you enjoy
except running)



DAY 6

10-minute walk
15-minute run
5-minute walk



DAY 7

Rest day
15-minute easy walk
15-minute mobility
exercises or stretching

THIS WEEK'S TIPS AND TRICKS



When it states 'run', the effort should be a 5 to 6 out of 10, so moderately hard. The effort is in between your 'fast' and 'jog' efforts; like gears in a car, our bodies have them for different efforts. My aim as your coach is to get you to use them all, at the right time



Keep a positive attitude and mindset, believe you are going to achieve more than you thought possible at the beginning of the four weeks



Try not to consume any coffee or caffeinated drinks after 1 or 2pm. This will help with your sleep quality and ability to relax more as bedtime approaches. Keep a record of sleep hours and quality to see if this easy hack helps



Make sure the room you sleep in is as dark as possible and cool, this is when the body is able to relax and recover properly

TAG US DURING YOUR TRAINING!

@DUBAIFITNESSCHALLENGE @TRIHARDLUKE

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