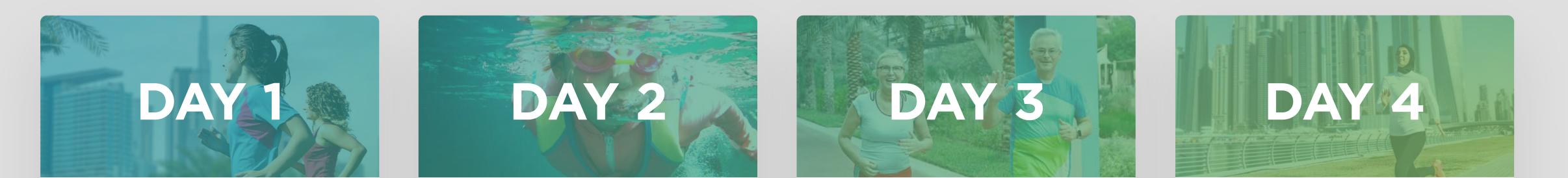




55KM LUKE MATHEWS Coach

WEEK 3 TRAINING PROGRAMME



3-minute walk 7-minute run Repeat 3-4 times 30-minutes of training; swimming, cycling, yoga or gym **Rest day** 15-minute easy walk 15-minute mobility exercises or stretching 2-minute walk 3-minute fast run 1-minute jog Repeat 5 times



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

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

DAY 6



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

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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

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