

2024 LONG COURSE TRAINING

WEEK THREE

Monday, January 22 - Sunday, January 28

MONDAY

REST

TUESDAY

5 minute walk,
5 km run,
5 minute walk

WEDNESDAY

Cross training/stretching session

THURSDAY

5 minute walk,
20 minutes of 1 minute run/ 1 minute walk,
5 minute walk

FRIDAY

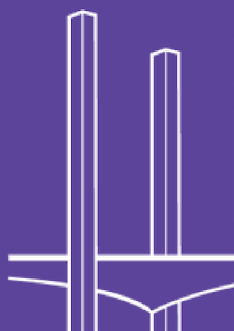
REST

SATURDAY

20 minute walk

SUNDAY

5 minute walk,
6 km run,
5 minute walk



Herald Sun | Transurban

RUN for the **KIDS**[®]

SUNDAY, MARCH 17, 2024

