

# 2024 LONG COURSE TRAINING

## WEEK FOUR

Monday, January 29 - Sunday, February 4

MONDAY

REST

TUESDAY

5 minute walk,  
6 km run,  
5 minute walk

WEDNESDAY

cross training/stretching session

THURSDAY

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

FRIDAY

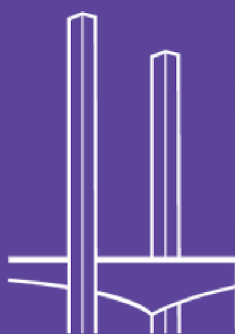
REST

SATURDAY

20 minute walk

SUNDAY

5 minute walk,  
7.2km run,  
5 minute walk



Herald Sun | Transurban

**RUN** for the **KIDS**<sup>®</sup>

SUNDAY, MARCH 17, 2024

