

2024 SHORT COURSE TRAINING

WEEK TWO

Monday, January 15 - Sunday, January 21

MONDAY

REST

TUESDAY

5 minute walk

6 minutes of 1 minute run/ 1 minute walk
5 minute walk

WEDNESDAY

REST

THURSDAY

10 minute walk

FRIDAY

REST

SATURDAY

10 minute walk

SUNDAY

5 minute walk

3 minute run

5 minute walk



Herald Sun | Transurban

RUN for the **KIDS**[®]

SUNDAY, MARCH 17, 2024

