

# 2024 SHORT COURSE TRAINING

## WEEK THREE

Monday, January 22 - Sunday, January 28

MONDAY

REST

TUESDAY

5 minute walk,  
8 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,  
5 minute run,  
5 minute walk



Herald Sun | Transurban

**RUN** for the **KiDS**<sup>®</sup>

SUNDAY, MARCH 17, 2024

