

2024 SHORT COURSE TRAINING

WEEK FOUR

Monday, January 29 - Sunday, February 4

MONDAY

REST

TUESDAY

5 minute walk,
10 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,
7 minute run,
5 minute walk



Herald Sun | Transurban

RUN for the **KIDS**[®]

SUNDAY, MARCH 17, 2024

