

2024 LONG COURSE TRAINING

WEEK TWO

Monday, January 15 - Sunday, January 21

MONDAY

REST

TUESDAY

5 minute walk
4 km run
5 minute walk

WEDNESDAY

Cross training/stretching session

THURSDAY

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

FRIDAY

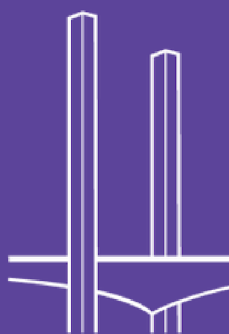
REST

SATURDAY

20 min walk

SUNDAY

5 minute walk
5 km run
5 minute walk



Herald Sun | Transurban

RUN for the **KIDS**[®]

SUNDAY, MARCH 17, 2024

