

2024 LONG COURSE TRAINING

WEEK ONE

Monday, January 8 to Sunday, January 14

MONDAY

REST

TUESDAY

5 minute walk

3 km run

5 minute walk

WEDNESDAY

Cross training/stretching session.

THURSDAY

5 minute walk

15 minutes of 1 minute run/ 1 minute walk

5 minute walk

FRIDAY

REST

SATURDAY

20 minute walk

SUNDAY

15 minute walk

4 km run

5 minute walk



Herald Sun | Transurban

RUN for the **KIDS**[®]

SUNDAY, MARCH 17, 2024

