

2024 SHORT COURSE TRAINING

WEEK ONE

Monday, January 8 to Sunday, January 14

MONDAY

REST

TUESDAY

5 minutes walk

5 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

2 minute run

5 minute walk



Herald Sun | Transurban

RUN for the **KIDS**[®]

SUNDAY, MARCH 17, 2024

