

# 4TH MIRA BHAYANDER CHARTERED RUN

## TRAINING SCHEDULE 10 KM

	Week 1	Week 2	Week 3	Week 4	Week 5
Monday		stretching	stretching	20 min brisk walk then stretching	20 min brisk walk then stretching
Tuesday		10 min brisk walk then ( 1 min jogg -1 min brisk walk) repeat this for 10 min then 10 min brisk walk	20 min brisk walk then ( 1 min jogg -1 min brisk walk) repeat this for 10 min then 15 min brisk walk	strength training and stretching	stretching *Note* This week should be very easy , don't overdo relax your body full week follow the schedule nd perform BEST on soday
Wednesday	30 min brisk walk and stretching	strength training	stretching	stretching	20 min brisk walk and stretching
Thursday	stretching	stretching	20 min brisk walk then ( 2 min jogg -1 min brisk walk) repeat this for 15 min then 15 min brisk walk	15 min brisk walk then ( 4 min jogg -2 min brisk walk) repeat this for 24 min then 15 min brisk walk	stretching
Friday	30 min brisk walk and stretching	60 min brisk walk and stretching	20 min brisk walk then stretching	stretching	15 min brisk walk then stretching
Saturday	S2B Bootcamp/strength training	S2B Bootcamp/strength training	S2B Bootcamp/strength training	S2B Bootcamp/strength training	Bootcamp
Sunday	60 min brisk walk and stretching	70 min brisk walk and stretching	25 min brisk walk then ( 3 min jogg -3 min brisk walk) repeat this for 30 min then 20 min brisk walk	20 min brisk walk then ( 5 min jogg -4 min brisk walk) repeat this for 54 min then 20 min brisk walk	All The Best

Designed by Snails2Bolt Coach Manish Jaiswal for any enquiry you can reach out to coach 9892308768

# 4TH MIRA BHAYANDER CHARTERED RUN

## TRAINING SCHEDULE 5 KM

	Week 1	Week 2	Week 3	Week 4	Week 5
Monday		stretching	stretching	30 min brisk walk then stretching	20 min brisk walk then stretching
Tuesday		40 min brisk walk and stretching	15 min brisk walk then ( 90 seconds jogg -1 min brisk walk) repeat this for 10 min then 10 min brisk walk	strength training and stretching	stretching *Note* This week should be very easy , don't overdo relax your body full week follow the schedule nd perform BEST on sunday
Wednesday	30 min brisk walk and stretching	strength training	stretching	stretching	20 min brisk walk and stretching
Thursday	stretching	stretching	15 min brisk walk then ( 1 min jogg - 1 min brisk walk) repeat this for 16 min then 10 min brisk walk	15 min brisk walk then ( 3 min jogg -2 min brisk walk) repeat this for 21 min then 15 min brisk walk	stretching
Friday	30 min brisk walk and stretching	10 min brisk walk then ( 1 min jogg -1 min brisk walk) repeat this for 10 min then 10 min brisk walk	20 min brisk walk then stretching	stretching	15 min brisk walk then stretching
Saturday	S2B Bootcamp/strength training	S2B Bootcamp/strength training	S2B Bootcamp/strength training	S2B Bootcamp/strength training	S2B Bootcamp
Sunday	45 min brisk walk and stretching	60 min brisk walk and stretching	15 min brisk walk then ( 2 min jogg - 2 min brisk walk) repeat this for 20 min then 10 min brisk walk	10 min brisk walk then ( 3 min jogg -3 min brisk walk) repeat this for 36 min then 10 min brisk walk	All The Best

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