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

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

## **4TH MIRA BHAYANDER CHARTERED RUN**

Monda

Tuesda Wedne

Thursd

Friday

Saturday

Sunday

training

stretching

45 min brisk walk and

TRAINING SCHEDULE 5 KM									
	Week 1	Week 2	Week 3	Week 4	Week 5				
day		stretching	stretching	30 min brisk walk then stretching	20 min brisk walk then stretching				
			15 min brisk walk then ( 90 seconds		stretching *Note* This week should be very easy , don't overdo relax your body full week				
day			jogg -1 min brisk walk) repeat this for 10 min then 10 min brisk walk		follow the schedule nd perform BEST on sonday				
	30 min brisk walk and stretching	strength training	stretching	stretching	20 min brisk walk and stretching				
			1 min brisk walk) repeat this for 16	15 min brisk walk then ( 3 min jogg -2 min brisk walk) repeat this for 21 min then 15 min					
sday		U	min then 10 min brisk walk	brisk walk	stretching				
		10 min brisk walk then (1 min jogg -1 min brisk walk) repeat this for 10 min then 10 min							
у	stretching	brisk walk	20 min brisk walk then stretching	stretching	15 min brisk walk then stretching				
	S2B Bootcamp/strength								

S2B Bootcamp/strength training

10 min brisk walk then ( 3 min jogg -3 min brisk walk) repeat

this for 36 min then 10 min

brisk walk

S2B Bootcamp

All The Best

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15 min brisk walk then ( 2 min jogg -

2 min brisk walk) repeat this for 20

S2B Bootcamp/strength training S2B Bootcamp/strength training

60 min brisk walk and stretching min then 10 min brisk walk