

10km Walk

TRAINING PLAN

Race for Life



Our Sponsor

runnersneed

| Week | Day 1 | Day 2 | Day 3 | Day 4 | Day 5 | Day 6 | Day 7 | How do you feel? | Top tips |
|------|---|---|--|---|---|------------------------------------|-------------------------------------|------------------|---|
| 1 | Walk Easy walk 35min continuous | Rest | Brisk Walk Repeat brisk 2min and easy 1min x10 | Rest | Walk Easy walk 30min continuous | Rest | Walk Walk to distance 5km | ☺ ☹ ☹ | Check the weather before training and choose clothing and footwear to suit your conditions. Always cover up, and wear sunscreen of SPF 15+. Plus, Runners Need experts are always here to help with advice on the perfect kit for you. Don't forget, with your Race for Life entry you also get 15% off at Runners Need in-store and online!* |
| 2 | Walk Easy walk 40min continuous | Rest | Brisk Walk Repeat brisk 3min and easy 1min x8 | Rest | Walk Easy walk 45min continuous | Rest | Walk Walk to distance 6km | ☺ ☹ ☹ | View your walk to distance sessions as weekly milestones to help you stay on track. |
| 3 | Walk Easy walk 50min continuous | Rest | Brisk Walk Repeat brisk 2min and easy 1min x12 | Rest | Walk Easy walk 60min continuous | Rest | Walk Walk to distance 7km | ☺ ☹ ☹ | You've reached the half-way point in your training plan! At this point, your legs might be feeling a little sore. You can book a free gait analysis with Runners Need in-store experts to learn more about the way you walk and the best shoes for you. |
| 4 | Rest | Walk Easy walk 60min continuous | Rest | Walk Easy walk 55min continuous | Rest | Rest | Walk Walk to distance 8km | ☺ ☹ ☹ | Week four is designed to be gentler. Take it easy, enjoy your rest days, and give your body a chance to recover. |
| 5 | Walk Easy walk 80min continuous | Rest | Brisk Walk Repeat brisk 3min and easy 1min x10 | Rest | Walk Easy walk 90min continuous | Rest | Walk Walk to distance 9km | ☺ ☹ ☹ | The end is in sight! If this week is feeling tough, take a minute to remember why you signed up for Race for Life, the difference you'll make and how you'll feel crossing the finish line. |
| 6 | Rest | Brisk Walk Repeat brisk 5min and easy 1min x6 | Rest | Walk Easy walk 80min continuous | Rest | Easy Walk / Gentle movement | Race Day | ☺ ☹ ☹ | It's race week! Your training is done and it's time to enjoy the day and show off all your hard work. |



Users must ensure they are fit and of sufficient health to take part in this programme. You should speak to your doctor if you have any concerns before taking part. Stop immediately in the event of any injuries or concerns and seek appropriate advice.

* To receive your 15% partner discount please show your Race for Life sign-up email in-store. Or to use your discount online simply forward a copy of your Race for Life sign-up email to enquiries@runnersneed.com to receive your online code. Full **T&Cs available online**.

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#RaceForLife