### 3km Walk Training Plan

**Week 1**
- **Day 1:** Walk - Easy walk 10min continuous
- **Day 2:** Rest
- **Day 3:** Gentle movement - Yoga, pilates or walk
- **Day 4:** Walk - Easy walk 10min continuous
- **Day 5:** Rest
- **Day 6:** Walk - Walk to distance 0.5km
- **Day 7:** Rest

**How do you feel?**
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**Top tips**
- To get motivated, keep your training plan somewhere you can see it and tick off each session as you go. This is also a great time to learn more about the way you walk.

**Week 2**
- **Day 1:** Walk - Easy walk 12min continuous
- **Day 2:** Rest
- **Day 3:** Gentle movement - Yoga, pilates or walk
- **Day 4:** Walk - Easy walk 10min continuous
- **Day 5:** Rest
- **Day 6:** Walk - Walk to distance 1km
- **Day 7:** Rest

**How do you feel?**
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**Top tips**
- Don’t feel like you have to do too much too soon. You’ll build fitness through consistency, not by overloading yourself.

**Week 3**
- **Day 1:** Walk - Easy walk 12min continuous
- **Day 2:** Rest
- **Day 3:** Gentle movement - Yoga, pilates or walk
- **Day 4:** Walk - Easy walk 12min continuous
- **Day 5:** Rest
- **Day 6:** Walk - Walk to distance 1.5km
- **Day 7:** Rest

**How do you feel?**
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**Top tips**
- If your legs are sore, it’s a great sign that you’re pushing your limits. Take a minute to celebrate how far you’ve come. Ease any aches with a warm up before each session and some stretching after.

**Week 4**
- **Day 1:** Walk - Easy walk 10min continuous
- **Day 2:** Rest
- **Day 3:** Gentle movement - Yoga, pilates or walk
- **Day 4:** Walk - Gentle movement - Yoga, pilates or walk
- **Day 5:** Rest
- **Day 6:** Walk - Walk to distance 2km
- **Day 7:** Rest

**How do you feel?**
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**Top tips**
- This week, the training might feel tougher. Keep in mind why you signed up for Race for Life, the difference you’ll make and how you’ll feel crossing the finish line.

**Week 5**
- **Day 1:** Walk - Easy walk 10min continuous
- **Day 2:** Rest
- **Day 3:** Gentle movement - Yoga, pilates or walk
- **Day 4:** Walk - Gentle movement - Yoga, pilates or walk
- **Day 5:** Rest
- **Day 6:** Walk - Walk to distance 2.5km
- **Day 7:** Rest

**How do you feel?**
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**Top tips**
- It’s time to think about what kit you need for the big day. Check the weather in advance and choose clothing and footwear to suit your conditions. Plus, Runners Need experts are always here to help with advice on the perfect kit for you.

**Week 6**
- **Day 1:** Rest
- **Day 2:** Rest
- **Day 3:** Gentle movement
- **Day 4:** Walk - Easy walk 10min continuous
- **Day 5:** Rest
- **Day 6:** Race Day

**How do you feel?**
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**Top tips**
- Enjoy it! The hard work has been done and you’re ready to go. Pace yourself and take in the experience.

*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.*