

3k walk training plan



Race for Life

Proud Sponsor

runnersneed

Week	Day 1	Day 2	Day 3	Day 4	Day 5	Day 6	Day 7	How do you feel?
1	Walk Easy walk 10min continuous	Rest day	Gentle movement Yoga, pilates or walk	Rest day	Walk Easy walk 10min continuous	Rest day	Walk Walk to distance 0.5km	😊 😐 😞
2	Gentle movement Yoga, pilates or walk	Rest day	Walk Easy walk 12min continuous	Rest day	Walk Easy walk 10min continuous	Rest day	Walk Walk to distance 1km	😊 😐 😞
3	Walk Easy walk 12min continuous	Rest day	Gentle movement Yoga, pilates or walk	Rest day	Walk Easy walk 12min continuous	Rest day	Walk Walk to distance 1.5km	😊 😐 😞
4	Gentle movement Yoga, pilates or walk	Rest day	Walk Easy walk 15min continuous	Rest day	Gentle movement Yoga, pilates or walk	Rest day	Walk Walk to distance 2km	😊 😐 😞
5	Walk Easy walk 10min continuous	Rest day	Brisk walk Repeat 1min brisk and 1min easy x6	Rest day	Gentle movement Yoga, pilates or walk	Rest day	Walk Walk to distance 2.5km	😊 😐 😞
6	Rest day	Rest day	Walk Easy walk 10min continuous	Rest day	Easy walk / Gentle movement	Rest day	Race day 	😊 😐 😞

Top tips

- 1 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. **Remember, you can book a gait analysis appointment for a personalised shoe fitting with a Runners Need specialist to learn more about your feet and the best shoes for you.**
- 2 Don't feel like you have to do too much too soon. You'll build fitness through consistency, not by overloading yourself.
- 3 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.
- 4 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.
- 5 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 in-store specialists are always here to help with advice on the perfect running kit for you. **Don't forget, with your Race for Life entry you also get 15% off at Runners Need in-store and online!***
- 6 Enjoy it! The hard work has been done and you're ready to go. Pace yourself and take in the experience.



*To receive your 15% partner discount please show your Race for Life sign-up email in-store. Or to use your discount online check your race pack for your exclusive online discount code or simply forward a copy of your Race for Life sign-up email to enquiries@runnersneed.com. Full T&Cs [available online](#).

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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.

