

5k run 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 / jog Walk 10min, jog 5min, walk 10min	Rest day	Walk Walk 20min continuous	Rest day	Low impact training Easy walk, bike, gym or swim	Rest day	Run Run to distance 0.5km	😊 😐 😞
2	Low impact training Easy walk, bike, gym or swim	Rest day	Walk / jog Repeat walk 5min and jog 2min x4	Rest day	Walk Walk 30 min continuous	Rest day	Run Run to distance 1km	😊 😐 😞
3	Walk Walk 35min continuous	Rest day	Walk / jog Walk 10min, jog 10min, walk 10min	Rest day	Low impact training Easy walk, bike, gym or swim	Rest day	Run Run to distance 2km	😊 😐 😞
4	Rest day	Rest day	Walk / jog Repeat walk 5min and jog 5min x4	Rest day	Walk Walk 40min continuous	Rest day	Run Run to distance 3km	😊 😐 😞
5	Walk Walk 50min continuous	Rest day	Walk / jog Walk 10min, jog 20min, walk 10min	Rest day	Gentle movement Yoga, pilates or walk	Rest day	Run Run to distance 4km	😊 😐 😞
6	Rest day	Rest day	Interval Warm up 10min, repeat fast 3min and easy 2min x5, cooldown 5min	Rest day	Walk Walk 40min continuous	Rest day	Race day	😊 😐 😞

Top tips

- 1 Check the weather before training and choose clothing and footwear to suit your conditions. Always cover up, and wear sunscreen of SPF 15+. Remember, 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!***
- 2 Running to distance is all about getting used to the mileage, so take it as easy as you need to. **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.**
- 3 Don't worry if you have to move a session here or there. Life can get in the way, so make the plan work for you. Take this training plan at your own pace.
- 4 Having other people around you can help to motivate you. Why not ask a friend to join you on your next run?
- 5 Rest days are important too. They allow your body to recover and be ready for your next run.
- 6 Remember what you're doing this for! Have fun, enjoy the day and go at your own pace.



* 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](#).

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.

