

5k 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	Rest day	Walk Easy walk 25min continuous	Rest day	Walk Easy walk 30min continuous	Rest day	Rest day	Walk Walk to distance 2km	😊 😐 😞
2	Walk Easy walk 25min continuous	Rest day	Brisk Walk Repeat brisk 1min and easy 1min x10	Rest day	Walk Easy walk 15min continuous	Rest day	Walk Walk to distance 3km	😊 😐 😞
3	Walk Easy walk 30min continuous	Rest day	Brisk Walk Repeat brisk 2min and easy 1min x8	Rest day	Walk Easy walk 15min continuous	Rest day	Walk Walk to distance 3.5km	😊 😐 😞
4	Rest day	Walk Easy walk 35min continuous	Rest day	Walk Easy walk 30min continuous	Rest day	Rest day	Walk Walk to distance 3km	😊 😐 😞
5	Walk Easy walk 30min continuous	Rest day	Brisk Walk Repeat brisk 3min and easy 1min x6	Rest day	Walk Easy walk 20min continuous	Rest day	Walk Walk to distance 4km	😊 😐 😞
6	Rest day	Brisk Walk Repeat brisk 3min and easy 1min x8	Rest day	Walk Easy walk 20min continuous	Rest day	Easy Walk / Gentle movement	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 Training with others can be really motivating. Why not ask a friend to join you for your next session?
- 3 Week three is all about getting used to walking further. So don't worry about speed, that will develop as you do. This is also a great time to learn more about the way you walk. **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.**
- 4 Don't worry if you have to move a session here or there. Life gets in the way, so make the plan work for you.
- 5 Try to do the walk to distance at the same time of day as the race. This way, your body can adapt – ready for Race day!
- 6 Race week is here! You've put the hard work into your training, all that's left is to enjoy the day.



*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.

