

# Race for Life 3k plan

This plan is designed for runners who have limited or no running experience but whose goal is to jog most or all of the 3k. The plan uses a mix of running and walking to build you up to the full 3k distance.



Training plan created by



Week	Day 1	Day 2	Day 3	Day 4	Day 5	Day 6	Day 7	How do you feel?	Top tips	Core & conditioning
1	Rest	15–20 minute run/walk session – 1 min easy run / 1 min walk throughout. Work to keep the running efforts as easy as you can – fully conversational!	Rest	15–20 minute run/walk session – 1 min easy run / 1 min walk x 10. As per Tuesday aim for a relaxed, easy running pace. Remember to stretch well after each run!	Rest	Brisk walk – 25 minutes + core – 20 minutes. If you can try to include some hills on the walk.	Long run – 2 min easy run / 1 min walk x 8. Double the running length today – so aim to keep this to a jog.		<ul style="list-style-type: none"> <li>The goal for this week to is set a good routine! Ring fence the training time in your diary and think about when the best time is for you to train. If you know busy work for family lives will see excuses building during the day then set that alarm and get out early!</li> <li>Try to keep your running efforts as easy as you can this week. Most of us try to get out and run too hard too soon which always makes running feel tough. Aim to run at the speed of chat, if you find this comfortable then great; you can keep your walking recoveries brisk!</li> </ul>	Aim to complete 20–25 minutes of exercises when mentioned in the plan or more often if you have time. This week focus on completing 2–3 sets of Fit in 4, completing 30–45 seconds of each exercise.
2	Core or Pilates class 	20 minute run/walk session – 3 min easy run / 1 min walk x 5 Still aim to keep your running efforts really easy and relaxed. 	Rest	Threshold run session – 4 mins easy paced running / 2 minute walk + 3 mins 'threshold running' / 90 secs walk x 4 Keep the 4-minute effort really easy to warm up and then run the 3-minute efforts at a 'controlled discomfort' where you can only speak 3–4 words continuously.	Rest	Brisk walk – 45 minutes or 25 minutes easy 'cross training' + core – 20 minutes. If you can try to include some hills on the walk.	Long run – 10 min easy run / 3 min walk then 5 min run / 1 min walk x 2 The goal here is to focus on maintaining your easy, controlled pace.		<ul style="list-style-type: none"> <li>The 'threshold run' will help you get fitter faster and make that sustained 3k pace feel more manageable. Be honest and work to the right effort level where you can speak only 3–4 words without needing to take a breath. It will feel quite uncomfortable but will show you that you do have more than one pace, enjoy the buzz of some faster running!</li> <li>This week is when you might start to notice a little fatigue building. Alongside making sure you stretch after each run try to make sure you focus as hard on your recovery as you do your training.</li> </ul>	Week 2 is a good time to look to progress your core work. Consider adding some single leg squats, lunges or press ups to your existing routine. Make the planks and bridges that bit harder by trying some of the 'progressions'. Another great option is to find a Pilates class.
3	Core or Pilates class 	'Progression run' session – 4 minutes run / 1 minute walk x 4. Aim to run the first 4 minutes very easy and gently pick up the effort each block thereafter.	Rest	Threshold run session – 4 mins easy paced running / 2 minute walk + 4 mins 'threshold running' / 90 secs walk x 4	Rest	Brisk walk – 45 minutes or 30 minutes easy 'cross training' + core – 20–30 minutes. 	Long run – 8 minutes easy running / 2 minutes brisk walk x 4		<ul style="list-style-type: none"> <li>If you are finding your legs a bit stiff or tired when you start your run save the stretching for after you have finished. Instead walk for 5–10 minutes to gradually warm the muscles up before you ease into your running.</li> <li>Your body will adapt to training more quickly and you will feel you have more energy for your runs if your nutrition is fuelling your training effectively.</li> </ul>	Flexibility is a key part of feeling you can run well. Consider treating yourself to a sports massage or getting hold of a foam roller which is a useful tool for managing the build up in tightness from both your running and your conditioning sessions.
4	Rest 	Easy run – 2 x 8 minutes easy with 3 minutes walk between efforts 	Rest	Easy run – 15 minutes continuous running + core and stretching 	Rest	Brisk walk – 20–30 minutes + stretching 	Race for Life 3k – good luck and keep smiling! 		<ul style="list-style-type: none"> <li>This week less is more. Your focus should be on feeling fresh for the 3k. Make sure you are working to get that bit extra sleep and don't be tempted to try to play catch up with any missed training over the last two–three weeks. The runs in the plan are purely there to keep your legs ticking over.</li> <li>You don't need to carb load for a 3km so eat normally this week and don't change the routines that you have built up over the last 4 weeks. You will still be training on the same days to help keep these patterns.</li> <li>On race day eat your normal breakfast and make sure you stay warm with some old clothes if necessary. Hold yourself back in the first 10–15 minutes. The adrenaline will want to drag you faster than you have practiced so slow it down. After half way keep consistent and aim to try to run the second half a little faster than the first – keep your eyes of the runners in front and try to pull a few in!</li> </ul>	This week back off any heavy strength exercises such as squats and lunges you might be doing with weights. If you do any higher intensity gym classes (either conditioning or spin for example) you should miss these this week and enjoy a bit of extra rest. Stretch well after all of your runs and keep a little light core work (such as planks and finger crushers) after one or two of the runs.

# Fit in 4 workout



Helen is here to take you through 4 simple exercises which will help you improve your running, as well as toning your legs, tums and bums!

Aim to spend 30 seconds on each exercise, with a 5–10 second recovery in between. Repeat this 3 times before moving on to the next exercise. When you're ready, you can increase this to 45 seconds, and then 60 to really push yourself.

Enjoy a balanced diet, not a bland one. A balanced diet is high in fruit, vegetables and fibre and low in red and processed meat and salt.

Don't forget! Train in the shoes that you will be wearing for the Race for Life to ensure they are comfortable.

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## 01 Plank



Lift your body up with your weight on your elbows and toes. Keep a straight line from your neck down through your legs and to your ankles. Engage all your core muscles by pulling your belly button up to the ceiling. Keep your chest over your elbows.

Hold for 30–60 seconds.

## 02 Lunge



Step forward and lunge down, making sure your body stays upright and your feet are facing forwards and in line with each other.

This strengthens the glutes and hamstrings, key muscles for strong, injury free running.

## 03 Press up



Start on all fours. Place your hands a shoulder and a half's width apart and slightly raise and cross your ankles.

Lower your chest to the floor and push back up, not just pushing through your chest and arms, but also through your tummy.

**Take it to the next level:** When you're ready, try a full press up by straightening your legs so you have a straight line from your neck down through your legs and to your ankles.



## 04 Bicycle



Start by lying on your back. Alternately cycle each knee up towards your opposite elbow keeping a steady rhythm and control. Keep your tummy muscles pulled in tight.

