

Race for Life 3k plan

This plan is designed for those aiming to walk the 3k and looking to build up a steady bank of fitness over the next 4 weeks. Provided you are able to walk without pain and have checked out that you are healthy to train then you can tackle this plan without prior experience.

Walk

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	Core – 15–20 minutes. (online or virtual perhaps) 	Continuous walk – 10–15 minutes. Aim to walk at a controlled, steady pace limiting your stops. 	Rest 	Hill walk – 15 minute walk including 3–4 brisk up hill efforts + core – 15–20 minutes. 	Rest 	Cover the distance walk – Aim to walk for 1.5k at an easy pace taking breaks if needed. 	Rest or cross training – If you can aim to complete 15–20 minutes of easy effort training using a bike, elliptical trainer or swimming. 	 	<ul style="list-style-type: none"> The goal for this week is to 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. The majority of walking this week should be completed at easy, conversational effort. Patience is key here so build your time of feet gradually as the weeks go by. 	This week focus on completing 2–3 sets of Fit in 4 for 30–60 seconds each depending on your ability.
2	Core or Pilates class 	Continuous walk – 20 minutes. Aim to walk at a controlled, steady pace limiting your stops. 	Rest 	Hill walk – 25 minute walk including 3–4 brisk up hill efforts + core – 20–25 minutes. 	Rest 	Cover the distance walk – 2k at an easy pace taking breaks if needed. 	Rest or cross training – 30 minutes of easy effort training using a bike, elliptical trainer or swimming. 	 	<ul style="list-style-type: none"> Focus on walking tall and strongly with short strides up the hills. Pump the elbows back vigorously and keep your head up. This week is when you might start to notice a little fatigue building. Alongside making sure you stretch after each walk try to make sure you focus as hard on your recovery as you do your training. 	Week 2 is a good time to look to progress your core work. If you don't feel ready yet that's no problem – focus on maintaining the base of work you have built up though.
3	Core or Pilates class 	Continuous walk – 25 minutes easy and stretch well after. 	Rest 	Fartlek walk – 30 minute walk including 2 x 5 minutes at a brisk pace with 5 minutes easy between each 	Rest 	Cover the distance walk – 2.5k at an easy pace taking breaks if needed. 	Rest or cross training – 30 minutes of easy effort training using a bike, elliptical trainer or swimming. 	 	<ul style="list-style-type: none"> The 'fartlek' walk this week should show that you have 2–3 gears you can work though. Aim to really change up the paces through the run and get a sense of turning your legs over that bit faster – push yourself! Your body will adapt to training more quickly and you will feel you have more energy for your sessions if your nutrition is fuelling your training effectively. 	Flexibility is a key part of feeling you can train 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 	Fartlek walk – 30 minute walk 4 x 3 minutes at a brisk pace with 90 secs easy walking between each. 	Rest 	Easy walk – 20 minutes all easy and comfortable. 	Rest 	Gentle walk for a maximum of 15 minutes and stretch after. 	Race for Life 3k – good luck and keep smiling! 	 	<ul style="list-style-type: none"> 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 sessions in the plan are purely there to keep your legs ticking over. You don't need to carb load for a 3k 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. 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. If you have gone through the whole plan aiming to walk don't suddenly get caught up looking to run the 3k. 	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 Fit in 4) after one or two of the walks.



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.

