

Race for Life 3k plan

This plan is designed for runners who are that bit more experienced or competitive. Over the next 6 weeks it includes a range of different training sessions to see you running a new PB! You will regularly cover the 3k distance through the next 6 weeks so your goal will be to complete your 3k as well as you can!



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 – 20–30 minutes.	20 minute easy run – work to keep the running efforts as easy as you can – fully conversational!	Rest or optional 30 minute easy cross training.	Threshold run – 30 mins including 3 x 5 mins at threshold with a 2–3 min jog recovery. Run the 5-minute efforts at a controlled discomfort where you can only speak 3–4 words continuously.	Rest	Hill run – 20–25 mins over a hilly route pushing the up hills to threshold effort as per Thursday's run + core – 20–30 minutes.	Long run – 30 minutes relaxed.	😊 😊😊 😊😊😊	<ul style="list-style-type: none"> The majority of running this week should be completed at easy, conversational pace. Easy running helps develop your aerobic system, building capillary density, your ability to metabolize stored fats and a host of other benefits. Don't force the pace on the easy runs! 	This week focus on completing 2–3 sets of Fit in 4 exercises aiming for 30–60 seconds each depending on your ability.
2	Core – 30 minutes.	Threshold run – 30–35 mins including 4 x 5 mins at threshold with a 2–3 min jog recovery. Run the 5-minute efforts at a controlled discomfort where you can only speak 3–4 words continuously.	Rest or optional 30–35 minute easy cross training.	20–25 minute easy run – remember variety is key – so keep this run relaxed, conversational and ideally before breakfast.	Rest	Hill run – 5 minutes at threshold effort on a flat route + 8 x 40 seconds fast up a steady gradient with a jog back to recover take 2 minutes rest between the 5 minute and the 40 second sets + core – 20–30 minutes.	Long run – 35 minutes remaining conversational and consistent.	😊 😊😊 😊😊😊	<ul style="list-style-type: none"> This week we gradually build the volume of running in the plan with some longer, more sustained efforts. It can be easy to slip in week 2 as the initial motivation slips. The next 2–3 weeks are some of the most important in building up to your 3k so make sure you maintain the pattern we set last week. The 'threshold run' is a crucial part of our run plan as this is the run where your fitness will see the biggest gains. 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! 	Complete the same Fit in 4 routine as last week but consider adding an extra 15–20 seconds to each exercise
3	Core or Pilates class.	Threshold run – 30–35 mins including 5 x 5 mins at threshold with a 90 second jog recovery.	Rest	30 minute easy run – start slowly and aim to feel better at the finish that you did at the start!	Rest	Hill run – 5 minutes at threshold effort on a flat route + 10 x 40 seconds fast up a steady gradient with a jog back to recover – take 2 minutes rest between sets + cross training and core – 20–30 minutes.	Long run – 50–55 minutes remaining conversational and consistent.	😊 😊😊 😊😊😊	<ul style="list-style-type: none"> Now we are in week 3 we have already got some great quality in the bank. This week sees the last of your 'hill run' sessions so make the most of it! Focus on running tall and strongly with a fast leg speed on your 40 second efforts. Pump the elbows back vigorously and keep your head up. If you are getting really tired or your muscles are particularly sore consider replacing a run session with a 'cross training' session. Consider swimming, using an elliptical machine in the gym or even an easy road biking or aqua-jogging session. It's a great way of getting a longer block of sustained effort in the bank without the same impact on your joints and muscles. 	
4	Core or Pilates class.	Progression run session – 10/10/10 – 10 minutes easy, 10 minutes steady, 10 minutes threshold effort.	Rest	Fartlek run – 40 minutes to include 5,4,3,2,1. After an easy warm up start with 5 minutes at threshold effort and aim to progress the pace for the 4 minute block and each one thereafter. Take 90 secs to jog after each.	Rest	Easy run – 30–35 minutes at a conversational effort + core – 20–30 minutes.	Long run – 55–60 minutes with the final 15 minutes at threshold effort or 3k time trial + 15 minutes easy after.	😊 😊😊 😊😊😊	<ul style="list-style-type: none"> You may wish to try out a time trial at the end of this week. We would suggest finding a local route of about 3k. Aim to start at an easy, conversational pace and try to limit any walk breaks to a minimum. If you don't feel quite ready for this yet don't worry – complete the suggested long run, you will be ready by race day! The 'fartlek' run 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! 	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.
5	Core or Pilates class.	Progression run session – 10/10/10 – 10 minutes easy, 10 minutes steady, 10 minutes 'threshold effort' Or 15/15/15 if you are feeling good and want a bit more volume.	Rest	Fartlek run – 40 minutes to include 3 x (3,2,1). After a warm up run 3 minutes at your planned 3k pace, 2 minutes fast, and one minute hard. Take 60 seconds between each effort and complete the 3,2,1 3 times with 2–3 minutes easy between the 3 sets.	Rest	Easy run – 30–35 minutes at a conversational effort + core – 20–30 minutes.	Long run – 60 minutes at an easy pace but pick up the final 20 minutes to strong steady effort.	😊 😊😊 😊😊😊	<ul style="list-style-type: none"> 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. If you are feeling really tired, or work or family life has got extra busy or stressful remain flexible and take extra rest if you need to. 	
6	Rest	Easy run – 30 minutes to include 3 x 3 minutes faster at Sunday's race pace + core – 20–30 minutes.	Rest	Easy run – 20–25 minutes fully conversational.	Rest	Gentle jog for a maximum of 20 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 runs in the plan are purely there to keep your legs ticking over. On race day give yourself plenty of time to get to the start, eating your normal breakfast and make sure you stay warm with some old clothes. When the gun goes take a deep breath, this is it! 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! 	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 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.

Training plan created by



runningwithus.com @runningwithus

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.

