

Your 6-week Race for Life 5k training plan

Jog

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
1	Rest	20 minute jog/walk session • 1 minute easy jog • 1 minute walk Repeat 10 times Work to keep the jogging efforts as easy as you can	Rest Check out the fundraising tips on raceforlife.org/raisemoney	20 minute jog/walk session • 1 minute easy jog • 1 minute walk Repeat 10 times Remember to stretch well after each jog	Rest Share your training photos using #RaceforLife	Brisk walk 30 minutes If you can, try to include some hills Fit in 4 workout 20–30 minutes	Long jog • 2 minute easy jog • 1 minute walk Repeat 8 times Today we're doubling the jogging length	😊 😊 😊	Your goal 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.
2	Fit in 4 workout 30 minutes	20 minute jog/walk session • 1 minute easy jog • 1 minute walk Repeat 10 times	Rest	20 minute jog/walk session • 3 minute easy jog • 2 minute brisk walk Repeat 4 times Work to keep the walking recovery at a brisk pace	Rest Host a virtual quiz and ask people to donate as though they were attending a pub quiz!	Brisk walk 30–40 minutes Include hills on the walk if you can. Fit in 4 workout	Long jog • 5 minute continuous easy jog • 2 minute walk Then 4 repeats of: • 3 minute easy jog • 1 minute walk	😊 😊 😊	This week we gradually build the volume of jogging to improve your stamina and build strength.
3	Fit in 4 workout or Pilates class, there are plenty of online classes on YouTube	20 minute jog/walk session • 3 minute easy jog • 1 minute walk Repeat 5 times Still aim to keep your jogging efforts really easy and relaxed	Rest	Comfortably hard jog session • 4 minutes easy paced jogging • 2 minute walk Then • 3 minutes hard jogging • 90 seconds walk Repeat 6 times	Rest	Brisk walk 45–60 minutes or Fit in 4 workout 20–30 minutes	Long jog • 10 minute easy jog • 3 minute walk Then 2 repeats of: • 5 minute jog • 1 minute walk	😊 😊 😊	You've done a great job so far! This week you might start feeling tired, so make sure you focus on getting enough sleep, eating well and stretching, as well as training.
4	Fit in 4 workout or Pilates class, there are plenty of online classes on YouTube	'Progression jog' session • 4 minutes jog • 1 minute walk Repeat 4 times Aim to jog the first 4 minutes very easy and gently pick up the effort each block thereafter	Rest Get kitted out with some Race for Life clothing and accessories at raceforlife.org/shop	Comfortably hard jog session • 4 minutes easy paced jogging • 2 minute walk Then • 4 minutes hard jogging • 90 seconds walk Repeat 5 times	Rest	Brisk walk 45–60 minutes or 30–40 minutes easy cross training (any exercise apart from jogging that raises your heart rate) and Fit in 4 workout 20–30 minutes	Long jog • 8 minutes easy jogging • 2 minutes brisk walk Repeat 4 times or 3k time trial	😊 😊 😊	Flexibility is a key part of feeling you can jog well. Consider treating yourself to a sports massage or getting hold of a foam roller.
5	Fit in 4 workout or Pilates class, there are plenty of online classes on YouTube	'Speed Play' jog • 15 minutes continuous easy jogging • 3 minute walk then • 2 minute steady jog, 1 minute walk, 1 minute fast jog, 1 minute walk Repeated 3 times	Rest	Comfortably hard jog session • 5 minutes easy paced jogging • 2 minute walk Then • 5 minutes hard jogging • 90 seconds walk Repeat 4 times	Rest Wash cars, make the tea and coffee for a week or do odd jobs for sponsorship	Brisk walk 45–60 minutes or 30–40 minutes easy cross training and Fit in 4 workout 20–30 minutes	Long jog 2 x 15 minutes easy jogs with 3–5 minutes walked recovery between each or 30 minutes continuous, easy jogging if you feel ready	😊 😊 😊	Make sure this week you spend some time practising the breakfast you plan to have and jogging a couple of times in the kit you will be wearing on race day.
6	Rest Make sure you've shared your online fundraising page!	Easy jog 2 x 8–10 minutes easy jogs with 2–3 minutes walk between each	Rest Share your training photos and progress using #RaceforLife	Easy jog 15 minutes continuous jogging and Fit in 4 workout and stretching	Brisk walk 20–30 minutes and stretching	Your Race day. Good luck and keep smiling! Eat your normal breakfast and make sure you stay warm. Enjoy your moment and have a great day.		😊 😊 😊	This week less is more. Your focus should be on feeling fresh for the 5k. Surround yourself with positive people and share your goal, it's time to be proud of how far you have come!

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 20 seconds on each exercise, with a 5–10 second recovery in between. When you're ready you can increase this to 30 seconds, and then 45 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 Superman



Start on all fours with your face down and a straight back. At the same time raise one leg and the opposite arm, keeping them straight.

Replace them and repeat with your opposite arm and leg.

Complete this exercise slowly and aim to hold each position at the top for 2–3 seconds.

02 Bridge



Lying on your back with your knees bent and your arms flat on the floor beside you, keep your tummy muscles pulled in tight and push your hips up so there's a straight line between your shoulders and your knees. Keep your shoulders on the floor and push your bottom up.

Take it to the next level: Make this tougher by crossing your arms over your chest. When you feel confident, you could try extending one leg at a time, trying to keep your hips high and level.

03 Double leg squat



Stand with your feet hip-width apart and your fingertips to your ears.

Make sure your hips, knees and toes are all lined up at all times. Push your bottom out as if you are trying to sit down, keeping your chest up and your back straight.

This activates your glutes, quads and hamstrings to give your lower body a real strength workout.

04 3/4 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.

