

Your 6-week Race for Life 5k training plan

Run

Training plan created by

runningwithus



Race for Life



| Week | Day 1 | Day 2 | Day 3 | Day 4 | Day 5 | Day 6 | Day 7 | How do you feel? | Top tips |
|------|---|--|--|--|--|---|---|------------------|---|
| 1 | Fit in 4 workout 20–30 minutes | 20 minute easy run Work to keep the running as gentle as you can | Rest or cross training Aim to complete 30–40 minutes of easy effort training on a bike, elliptical trainer or swimming. This will keep building your strength without risking injury | Comfortably hard run 30 minutes in bursts of 5 minutes hard running with a 2–3 minute jog recovery between each | Rest Share your training photos using #RaceforLife | Hill run 20–30 minutes over a hilly route pushing the uphill to a hard run. And Fit in 4 workout 20–30 minutes | Long run 30–40 minutes relaxed running | | 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 | Comfortably hard run 30 minutes in bursts of 5 minutes hard running with a 2–3 minute jog recovery between each | Rest or 30–40 minute easy cross training | 20–30 minute easy run Remember variety is key, so keep this run relaxed | Rest Check out the fundraising tips raceforlife.org/raisemoney | Hill run 20–30 minutes over a hilly route pushing the uphill to a hard run. And Fit in 4 workout 20–30 minutes | Long run 40 minutes of easy, consistent running | | This week we gradually build the volume of running to improve your stamina and build strength. |
| 3 | Fit in 4 workout or Pilates class, there are plenty of online classes on YouTube | Comfortably hard run • 5 minutes hard running • 90 second jog recovery Repeat 5 times | Rest | 30 minute easy run Start slowly and aim to feel better at the finish that you did at the start! | Rest Host a virtual quiz and ask people to donate as though they were going to a pub quiz | Hill run 30 minutes over a hilly route pushing the uphill to a hard run. And Fit in 4 workout 20–30 minutes | Long run 50–60 minutes of easy, consistent running | | 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. |
| 4 | Fit in 4 workout or Pilates class, there are plenty of online classes on YouTube | 'Progression run' session • 10 minutes easy run • 10 minutes steady run • 10 minutes hard run | Rest Get kitted out with some Race for Life clothing and accessories at raceforlife.org/shop | 'Speed play' run 40 minute run with 5-4-3-2-1 session in the middle (5mins hard effort, 90 sec jog, 4min hard effort, 90 sec jog and so on) | Rest | Easy run 30–40 minutes of easy, consistent running Fit in 4 workout 20–30 minutes | Long run 60 minutes with the final 15 minutes really pushing yourself or 3k time trial with 15 minutes easy run after | | 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. |
| 5 | Fit in 4 workout or Pilates class, there are plenty of online classes on YouTube | 'Progression run' session • 10 minutes easy run • 10 minutes steady run • 10 minutes hard run Or 15 of each if you are feeling good and want a challenge! | Rest Wash cars, make the tea and coffee for a week or do odd jobs for sponsorship | 'Speed play' run 40 minute run with 5-4-3-2-1 session in the middle (5mins hard effort, 90 sec jog, 4min hard effort, 90 sec jog and so on) | Rest | Easy run 30–40 minutes of easy, consistent running Fit in 4 workout 20–30 minutes | Long run 60–75 minutes at an easy pace but pick up the final 20 minutes to strong steady effort | | Make sure this week you spend some time practising the breakfast you plan to have and running a couple of times in the kit you will be wearing on event day. |
| 6 | Rest Make sure you've shared your online fundraising page! | Easy run 30 minutes to include 3 bursts of 3 minutes at the pace you want to run on race day Fit in 4 workout 20–30 minutes | Rest Share your training photos and progress using #RaceforLife | Easy run 20–30 minutes of easy, consistent running | Gentle jog For a maximum of 20 minutes and stretch after | 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.

