

# Your 6-week Race for Life 5k training plan

# 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
1	<b>Fit in 4 workout</b> 20–30 minutes 	<b>Continuous walk</b> 15 minutes. Aim to walk at a controlled, steady pace limiting your stops 	<b>Rest</b> Check out the fundraising tips on <a href="http://raceforlife.org/raisemoney">raceforlife.org/raisemoney</a>	<b>Hill walk</b> 20 minute walk including 3–4 brisk uphill sections <b>Fit in 4 workout</b> 20–30 minutes 	<b>Rest</b> Share your training photos using #RaceforLife	<b>'Cover the distance' walk</b> Aim to walk for 2k at an easy pace, taking breaks if you need to 	<b>Rest or cross training</b> Aim to complete 15–20 minutes of easy effort training on a bike, elliptical trainer or swimming. This will keep building your strength without risking injury	  	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	<b>Fit in 4 workout</b> 20–30 minutes 	<b>Continuous walk</b> 20 minutes. Aim to walk at a controlled, steady pace limiting your stops 	<b>Rest</b>	<b>Hill walk</b> 25 minute walk including 5–6 brisk uphill efforts <b>Fit in 4 workout</b> 20–30 minutes 	<b>Rest</b> Host a virtual quiz and ask people to donate as though they were attending a pub quiz! 	<b>'Cover the distance' walk</b> 2.5k at an easy pace taking breaks if needed 	<b>Rest or cross training</b> 20 minutes of easy effort exercise using a bike, elliptical trainer or swimming	  	This week we gradually build the volume of walks to improve your stamina and build strength
3	<b>Fit in 4 workout</b> or Pilates class, there are plenty of online classes on YouTube 	<b>Continuous walk</b> 25 minutes. Aim to walk at a controlled, steady pace limiting your stops 	<b>Rest</b>	<b>Hill walk</b> 25 minute walk including 3–4 brisk uphill efforts <b>Fit in 4 workout</b> 20–30 minutes 	<b>Rest</b>	<b>'Cover the distance' walk</b> 3k at an easy pace taking breaks if needed 	<b>Rest or cross training</b> 30 minutes of easy effort training using a bike, elliptical trainer or swimming	  	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	<b>Fit in 4 workout</b> or Pilates class, there are plenty of online classes on YouTube 	<b>Continuous walk</b> 25 minutes easy walk and stretch well after 	<b>Rest</b> Get kitted out with some Race for Life clothing and accessories at <a href="http://raceforlife.org/shop">raceforlife.org/shop</a>	<b>'Speed Play' walk</b> 30 minute walk including 3 x 5 minutes at a brisk pace with 5 minutes easy walk between each 	<b>Rest</b>	<b>'Cover the distance' walk</b> 3.5k at an easy pace taking breaks if needed 	<b>Rest or cross training</b> 30 minutes of easy effort training using a bike, elliptical trainer or swimming	  	Training at different speeds this week should show that you have 2–3 gears you can work though. Aim to really change up the paces through the walk and get a sense of moving your legs that bit faster – push yourself!
5	<b>Fit in 4 workout</b> or Pilates class, there are plenty of online classes on YouTube 	<b>Continuous walk</b> 30 minutes easy walk and stretch well after 	<b>Rest</b> Wash cars, make the tea and coffee for a week or do odd jobs for sponsorship	<b>'Speed Play' walk</b> 30–40 minute walk including 8 x 3 minutes at a brisk pace with 90 seconds easy walking between each 	<b>Rest</b> Take time to celebrate how far you have come in just 5 weeks. Well done! 	<b>'Cover the distance' walk</b> 4k at an easy pace taking breaks if needed 	<b>Rest or cross training</b> 30 minutes of easy effort training using a bike, elliptical trainer or swimming	  	Make sure this week you spend some time practising the breakfast you plan to have and training in the kit you will be wearing on the day of your Race for Life.
6	<b>Rest</b> Make sure you've shared your online fundraising page with family and friends! 	<b>'Speed Play' walk</b> 30–40 minute walk including 5 x 3 minutes at a brisk pace with 90 seconds easy walking between each 	<b>Rest</b> Share your training photos and progress using #RaceforLife	<b>Easy walk</b> 20 minutes of easy, comfortable walking 	<b>Gentle walk</b> For a maximum of 15 minutes and stretch after 	<b>Your Race day. Good luck and keep smiling!</b> Eat your normal breakfast and make sure you stay warm. Stick with the plan – don't get caught in the moment and be tempted to run. 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.

