

# YOUR 6-WEEK RACE FOR LIFE 10K INTERMEDIATE TRAINING PLAN

Training plan created by



CANCER  
RESEARCH UK  
RACE FOR LIFE

	MON	TUE	WED	THUR	FRI	SAT	SUN
<b>WEEK 1</b> 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.	Rest	<b>Easy run</b> • 10 minute easy run • 2 minute brisk walk recovery if needed Repeat twice	<b>Fit in 4 workout</b> 30 minutes	<b>Easy run</b> • 10 minute easy run • 2 minute brisk walk recovery if needed Repeat twice	Rest Share your training photos using the selfie stickers from your pack and use #RaceforLife	<b>Cross training</b> 20–30 minutes doing any exercise apart from running that raises your heart rate	<b>Long run</b> 30–40 minute easy run with a short brisk walk each 10–15 minutes if needed
<b>WEEK 2</b> This week we gradually build the volume of running to improve your stamina and build strength.	Rest Check out the fundraising packs on <a href="http://raceforlife.org/raisemoney">raceforlife.org/raisemoney</a> . You still have time to organise a quiz or bake sale	<b>Easy run</b> 20 minute continuous easy paced run	<b>Fit in 4 workout</b>	<b>Easy run</b> • 10 minutes easy run • 10 minutes steady (very slightly faster) • 10 minutes easy run	Rest	<b>Cross training</b> 20–30 minutes easy effort	<b>Long run</b> 45 minute easy, consistent run with a short brisk walk each 10–15 minutes if needed
<b>WEEK 3</b> 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.	<b>Fit in 4 workout</b> or Pilates class	<b>Comfortably hard run session</b> 10 minute easy run to warm up, then: • 3 minute hard run • 2 minute walk or jog Repeat 3 times	<b>Fit in 4 workout</b> Optional cross training session	<b>Easy run</b> 30 minute easy run	Rest Throw a dinner party and ask people to donate as though they were going out for dinner	<b>Cross training</b> 30 minute easy cross training	<b>Long run</b> 50–60 minutes easy run
<b>WEEK 4</b> 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'.	Rest Get kitted out with some Race for Life clothing and accessories <a href="http://Raceforlife.org/shop">Raceforlife.org/shop</a>	<b>Comfortably hard run session</b> 10 minute easy run to warm up, then: • 4 minute hard run • 2 minute walk or jog Repeat 4 times	<b>Fit in 4 workout</b> Optional cross training session	<b>Progression run</b> • 10 minute easy run • 10 minute steady run • 10 minute hard run	Rest	<b>Cross training</b> 30 minute cross training with the last 15 minutes harder than the first	<b>Long run</b> 60–70 minutes with the final 15 minutes at the pace you want to achieve on race day
<b>WEEK 5</b> 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 race day.	Rest	<b>Speed Play run</b> 40 minute run with 5-4-3-2-1 session in the middle (5mins hard effort, 90 seconds jog, 4min hard effort, 90 seconds jog and so on)	<b>Fit in 4 workout</b> Optional cross training session	<b>Progression run</b> • 15 minute easy run • 15 minute steady run • 15 minute hard run	Rest Wash cars, make the tea and coffee for a week or do odd jobs for sponsorship	<b>Cross training</b> 40 minute, with the middle 20 as: • 2 minute hard effort • 3 minute easy effort Repeated 4 times	<b>Long run</b> 70 minutes with the final 15–20 minutes at the pace you want to achieve on race day
<b>WEEK 6</b> This week less is more. Your focus should be on feeling fresh for the 10km. Surround yourself with positive people and share your goal, it's time to be proud of how far you have come!	Rest Make sure you've shared your online fundraising page!	<b>Comfortably hard run session</b> • 3 minutes hard run • 2 minutes recovery Repeat 5 times	Rest Share your training photos and progress using #RaceforLife	<b>Easy run</b> 20 minutes easy paced running	<b>Cross training</b> 20–30 minutes of easy effort	<div style="display: flex; justify-content: space-around;"> <div style="border: 2px solid black; border-radius: 50%; padding: 10px; text-align: center;"> <b>YOUR RACE DAY</b>                          Good luck and keep smiling!                     </div> <div style="border: 2px solid black; border-radius: 50%; padding: 10px; text-align: center;">                         Give yourself plenty of time to get to the start, eat your normal breakfast and make sure you stay warm. When the gun goes take a deep breath, this is it! Enjoy your moment and have a great day.                     </div> </div>	

# FIT IN 4 WORKOUT



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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 at 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.