

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
WEEK 1 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	Easy run • 10 minute easy run • 2 minute brisk walk recovery if needed Repeat twice	Fit in 4 workout 30 minutes	Easy run • 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	Cross training 20–30 minutes doing any exercise apart from running that raises your heart rate	Long run 30–40 minute easy run with a short brisk walk each 10–15 minutes if needed
WEEK 2 This week we gradually build the volume of running to improve your stamina and build strength.	Rest Check out the fundraising packs on raceforlife.org/raisemoney . You still have time to organise a quiz or bake sale	Easy run 20 minute continuous easy paced run	Fit in 4 workout	Easy run • 10 minutes easy run • 10 minutes steady (very slightly faster) • 10 minutes easy run	Rest	Cross training 20–30 minutes easy effort	Long run 45 minute easy, consistent run with a short brisk walk each 10–15 minutes if needed
WEEK 3 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.	Fit in 4 workout or Pilates class	Comfortably hard run session 10 minute easy run to warm up, then: • 3 minute hard run • 2 minute walk or jog Repeat 3 times	Fit in 4 workout Optional cross training session	Easy run 30 minute easy run	Rest Throw a dinner party and ask people to donate as though they were going out for dinner	Cross training 30 minute easy cross training	Long run 50–60 minutes easy run
WEEK 4 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 Raceforlife.org/shop	Comfortably hard run session 10 minute easy run to warm up, then: • 4 minute hard run • 2 minute walk or jog Repeat 4 times	Fit in 4 workout Optional cross training session	Progression run • 10 minute easy run • 10 minute steady run • 10 minute hard run	Rest	Cross training 30 minute cross training with the last 15 minutes harder than the first	Long run 60–70 minutes with the final 15 minutes at the pace you want to achieve on race day
WEEK 5 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	Speed Play run 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)	Fit in 4 workout Optional cross training session	Progression run • 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	Cross training 40 minute, with the middle 20 as: • 2 minute hard effort • 3 minute easy effort Repeated 4 times	Long run 70 minutes with the final 15–20 minutes at the pace you want to achieve on race day
WEEK 6 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!	Comfortably hard run session • 3 minutes hard run • 2 minutes recovery Repeat 5 times	Rest Share your training photos and progress using #RaceforLife	Easy run 20 minutes easy paced running	Cross training 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;"> YOUR RACE DAY 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.