

# YOUR 6-WEEK RACE FOR LIFE 5K JOG 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>20 minute Jog/Walk session</b> <ul style="list-style-type: none"> <li>• 1 minute easy jog</li> <li>• 1 minute walk</li> </ul> Repeat 10 times Work to keep the jogging efforts as easy as you can	<b>Rest</b> 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>20 minute Jog/Walk session</b> <ul style="list-style-type: none"> <li>• 1 minute easy jog</li> <li>• 1 minute walk</li> </ul> Repeat 10 times Remember to stretch well after each jog	<b>Rest</b> Share your training photos using the selfie stickers from your pack and use #RaceforLife	<b>Brisk walk</b> 30 minutes If you can, try to include some hills <b>Fit in 4 workout</b> 20–30 minutes	<b>Long jog</b> <ul style="list-style-type: none"> <li>• 2 minute easy jog</li> <li>• 1 minute walk</li> </ul> Repeat 8 times Today we're doubling the jogging length
<b>WEEK 2</b> This week we gradually build the volume of jogging to improve your stamina and build strength.	<b>Fit in 4 workout</b> 30 minutes	<b>20 minute Jog/Walk session</b> <ul style="list-style-type: none"> <li>• 1 minute easy jog</li> <li>• 1 minute walk</li> </ul> Repeat 10 times	<b>Rest</b>	<b>20 minute Jog/Walk session</b> <ul style="list-style-type: none"> <li>• 3 minute easy jog</li> <li>• 2 minute brisk walk</li> </ul> Repeat 4 times Work to keep the walking recovery at a brisk pace	<b>Rest</b> Throw a dinner party and ask people to donate as though they were going out for dinner	<b>Brisk walk</b> 30–40 minutes Include hills on the walk if you can. <b>Fit in 4 workout</b>	<b>Long jog</b> <ul style="list-style-type: none"> <li>• 5 minute continuous easy jog</li> <li>• 2 minute walk</li> </ul> Then 4 repeats of: <ul style="list-style-type: none"> <li>• 3 minute easy jog</li> <li>• 1 minute walk</li> </ul>
<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, as well as training.	<b>Fit in 4 workout</b> or Pilates class	<b>20 minute Jog/Walk session</b> <ul style="list-style-type: none"> <li>• 3 minute easy jog</li> <li>• 1 minute walk</li> </ul> Repeat 5 times Still aim to keep your jogging efforts really easy and relaxed	<b>Rest</b>	<b>Comfortably hard jog session</b> <ul style="list-style-type: none"> <li>• 4 minutes easy paced jogging</li> <li>• 2 minute walk</li> </ul> Then <ul style="list-style-type: none"> <li>• 3 minutes hard jogging</li> <li>• 90 seconds walk</li> </ul> Repeat 6 times	<b>Rest</b>	<b>Brisk walk</b> 45–60 minutes OR <b>Fit in 4 workout</b> 20–30 minutes	<b>Long jog</b> <ul style="list-style-type: none"> <li>• 10 minute easy jog</li> <li>• 3 minute walk</li> </ul> Then 2 repeats of: <ul style="list-style-type: none"> <li>• 5 minute jog</li> <li>• 1 minute walk</li> </ul>
<b>WEEK 4</b> 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'.	<b>Fit in 4 workout</b> or Pilates class	<b>'Progression jog' session</b> <ul style="list-style-type: none"> <li>• 4 minutes jog</li> <li>• 1 minute walk</li> </ul> Repeat 4 times Aim to jog the first 4 minutes very easy and gently pick up the effort each block thereafter	<b>Rest</b> Get kitted out with some Race for Life clothing and accessories <a href="http://Raceforlife.org/shop">Raceforlife.org/shop</a>	<b>Comfortably hard jog session</b> <ul style="list-style-type: none"> <li>• 4 minutes easy paced jogging</li> <li>• 2 minute walk</li> </ul> Then <ul style="list-style-type: none"> <li>• 4 minutes hard jogging</li> <li>• 90 seconds walk</li> </ul> Repeat 5 times	<b>Rest</b>	<b>Brisk walk</b> 45–60 minutes OR 30–40 minutes easy Cross Training (any exercise apart from jogging that raises your heart rate) and <b>Fit in 4 workout</b> 20–30 minutes	<b>Long jog</b> <ul style="list-style-type: none"> <li>• 8 minutes easy jogging</li> <li>• 2 minutes brisk walk</li> </ul> Repeat 4 times OR 3km time trial
<b>WEEK 5</b> 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.	<b>Fit in 4 workout</b> or Pilates class	<b>'Speed Play' jog</b> <ul style="list-style-type: none"> <li>• 15 minutes continuous easy jogging</li> <li>• 3 minute walk then</li> <li>• 2 minute steady jog, 1 minute walk, 1 minute fast jog, 1 minute walk</li> </ul> Repeated 3 times	<b>Rest</b>	<b>Comfortably hard jog session</b> <ul style="list-style-type: none"> <li>• 5 minutes easy paced jogging</li> <li>• 2 minute walk</li> </ul> Then <ul style="list-style-type: none"> <li>• 5 minutes hard jogging</li> <li>• 90 seconds walk</li> </ul> Repeat 4 times	<b>Rest</b> Wash cars, make the tea and coffee for a week or do odd jobs for sponsorship	<b>Brisk walk</b> 45–60 minutes OR 30–40 minutes easy <b>Cross Training</b> and <b>Fit in 4 workout</b> 20–30 minutes	<b>Long jog</b> 2 x 15 minutes easy jogs with 3–5 minutes walked recovery between each OR 30 minutes continuous, easy jogging if you feel ready
<b>WEEK 6</b> 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!	<b>Rest</b> Make sure you've shared your online fundraising page!	<b>Easy jog</b> 2 x 8–10 minutes easy jogs with 2–3 minutes walk between each	<b>Rest</b> Share your training photos using the selfie stickers from your pack and use #RaceforLife	<b>Easy jog</b> 15 minutes continuous jogging And <b>Fit in 4 workout</b> and stretching	<b>Brisk walk</b> 20–30 minutes and stretching	<div style="display: flex; justify-content: space-around;"> <div style="background-color: #e91e63; color: white; padding: 10px; border-radius: 50%; width: 150px; text-align: center;"> <b>YOUR RACE DAY</b>                              Good luck and keep smiling!                         </div> <div style="background-color: #e91e63; color: white; padding: 10px; border-radius: 50%; width: 150px; 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



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 FORGOT!** Train in the shoes that you will be wearing at 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.