

Race for Life 5k plan

This plan is designed for runners who have limited or no running experience but whose goal is to jog most or all of the 5k. The plan uses a mix of running and walking to build you up to the full 5k distance.

Jog

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?
1	Core or Pilates class, there are great ones to follow online. 	20 minute Run/Walk Session – 3 min easy run / 1 min walk x 5. Still aim to keep your running efforts really easy and relaxed. 	Rest, or optional cross training 	'Threshold run' session – 4 mins easy paced running / 2 minute walk + 3 mins 'threshold running' / 90 secs walk x 6. Keep the 4-minute effort really easy to warm up and then run the 3-minute efforts at a 'controlled discomfort' where you can only speak 3–4 words continuously. 	Rest 	Brisk walk – 45–60 minutes OR 30 minutes easy 'Cross Training' + Core for 20–30 minutes. If you can try to include some hills on the walk. 	'Long Run' – 10 min easy run / 3 min walk then 5 min run / 1 min walk x 2. The goal here is still 'time on feet so focus on maintaining your easy, controlled pace. 	
2	Core or Pilates class, there are great ones to follow online. 	'Progression run' session – 4 minutes run / 1 minute walk x 4. Aim to run the first 4 minutes very easy and gently pick up the effort each block thereafter. 	Rest 	'Threshold run' session – 4 mins easy paced running / 2 minute walk + 4 mins 'threshold running' / 90 secs walk x 5. 	Rest 	Brisk walk – 45–60 minutes OR 30 minutes easy 'Cross Training' + Core for 20–30 minutes. 	'Long Run' – 8 minutes easy running / 2 minutes brisk walk x 4 or 3k time trial. 	
3	Core or Pilates class, there are great ones to follow online. 	'Fartlek run' – 15 minutes continuous easy running / 3 minute walk then 2 minute steady run / 1 minute walk / 1 minute fast run / 1 minute walk x 3. 	Rest 	'Threshold run' session – 5 mins easy paced running / 2 minute walk + 5 mins 'threshold running' / 90 secs walk x 4. 	Rest 	Brisk walk – 45–60 minutes OR 30–40 minutes easy 'Cross Training' + Core for 20–30 minutes. 	'Long Run' – 2 x 15 minutes easy with 3–5 minutes walked recovery between each or 30 minutes continuous, easy running if you feel ready. 	
4	Rest 	Easy run – 2 x 8–10 minutes easy with 2–3 minutes walk between efforts. 	Rest 	Easy run – 15 minutes continuous running + core and stretching. 	Rest 	Brisk walk – 20–30 minutes + stretching. 	Race for Life 5k – Good luck and keep smiling! 	

Top tips for week 4

- This week less is more. Your focus should be on feeling fresh for the 5k. Make sure you are working to get that bit extra sleep and don't be tempted to try to play catch up with any missed training over the last two–three weeks. The runs in the plan are purely there to keep your legs ticking over.
- Look back over the training you have banked over the last 4 weeks. Think back to those 2 or 3 runs that went really well and carry those positive thoughts with you over the last few days into the race. Don't forget to share your goal, it's time to be proud of how far you have come!
- You don't need to carb load for a 5k so eat normally this week and don't change the routines that you have built up over the last 4 weeks. You will still be training on the same days to help keep these patterns.
- On race day eat your normal breakfast and make sure you stay warm with some old clothes if necessary. Hold yourself back in the first 10–15 minutes. The adrenaline will want to drag you faster than you have practiced so slow it down. After half way keep consistent and aim to try to run the second half a little faster than the first. As you finish put a big smile on your face and pump the air – well done you deserve that moment!

Core & conditioning

This week back off any heavy strength exercises such as squats and lunges you might be doing with weights. If you do any higher intensity gym classes (either conditioning or spin for example) you should miss these this week and enjoy a bit of extra rest. Stretch well after all of your runs and keep a little light core work (such as planks and finger crushers) after one or two of the runs.

