

Race for Life 5k Plan

This plan is designed for those aiming to walk the 5k and looking to build up a steady bank of fitness over the next 4 weeks. Provided you are able to walk without pain and have checked out that you are healthy to train then you can tackle this plan without prior experience.

Walk

Training plan created by



Week	Day 1	Day 2	Day 3	Day 4	Day 5	Day 6	Day 7	How do you feel?
1	<p>Core or Pilates class, there are great ones to follow online.</p> 	<p>Continuous walk – 25 minutes.</p> <p>Aim to walk at a controlled, steady pace limiting your stops.</p> 	<p>Rest or/ Optional 30–40 minute easy cross training</p>	<p>'Hill walk' – 25 minute walk including 3–4 brisk up hill efforts + Core for 20–30 minutes.</p> 	<p>Rest</p>	<p>'Cover the distance walk' – 3k at an easy pace taking breaks if needed.</p> 	<p>Rest or/ Cross Training – 30 minutes of easy effort training using a bike, elliptical trainer or swimming.</p> 	  
2	<p>Core or Pilates class, there are great ones to follow online.</p> 	<p>Continuous walk – 25 minutes easy and stretch well after.</p> 	<p>Rest</p>	<p>Fartlek Walk – 30 minute walk including 3 x 5 minutes at a brisk pace with 5 minutes easy between each.</p> 	<p>Rest</p>	<p>'Cover the distance walk' – 3.5k at an easy pace taking breaks if needed.</p> 	<p>Rest or/ Cross Training – 30 minutes of easy effort training using a bike, elliptical trainer or swimming.</p> 	  
3	<p>Core or Pilates class, there are great ones to follow online.</p>  	<p>Continuous walk – 30 minutes easy and stretch well after.</p>  	<p>Rest</p>	<p>Fartlek Walk – 30–40 minute walk 8 x 3 minutes at a brisk pace with 90 secs easy walking between each.</p>  	<p>Rest</p>	<p>'Cover the distance walk' – 4k at an easy pace taking breaks if needed.</p> 	<p>Rest or/ Cross Training – 30 minutes of easy effort training using a bike, elliptical trainer or swimming.</p> 	  
4	<p>Rest</p>	<p>Fartlek Walk – 30–40 minute walk 5 x 3 minutes at a brisk pace with 90 secs easy walking between each.</p> 	<p>Rest</p>	<p>Easy walk – 20 minutes all easy and comfortable.</p> 	<p>Rest</p>	<p>Gentle walk for a maximum of 15 minutes and stretch after.</p>  	<p>Race for Life 5k – Good luck and keep smiling!</p> 	  

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 sessions 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. Surround yourself with positive people and share your goal, its 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 give yourself plenty of time to get to the start, eating your normal breakfast and make sure you stay warm with some old clothes. When it's time to go, take a deep breath, this is it!
- 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. If you have gone through the whole plan aiming to walk don't suddenly get caught up looking to run the 5k. Stick with the plan you and you will have a great day!

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 walks.

