

# YOUR 6-WEEK RACE FOR LIFE 5K WALK TRAINING PLAN

Training plan created by



	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.	<b>Fit in 4 workout</b> 20–30 minutes	<b>Continuous walk</b> 15 minutes. Aim to walk at a controlled, steady pace limiting your stops	<b>Rest</b> Check out the fundraising packs on <a href="http://raceforlife.org">raceforlife.org</a> . You still have time to organise a quiz or bake sale	<b>Hill walk</b> 20 minute walk including 3–4 brisk uphill sections <b>Fit in 4 workout</b> 20–30 minutes	<b>Rest</b> Share your training photos and progress using #RaceforLife	<b>'Cover the distance' walk</b> Aim to walk for 2km at an easy pace, taking breaks if you need to	<b>Rest or Cross Training</b> Aim to complete 15–20 minutes of easy effort training on a bike, elliptical trainer or swimming. This will keep building your strength without risking injury
<b>WEEK 2</b> This week we gradually build the volume of walks to improve your stamina and build strength.	<b>Fit in 4 workout</b> 20–30 minutes	<b>Continuous walk</b> 20 minutes. Aim to walk at a controlled, steady pace limiting your stops	<b>Rest</b>	<b>Hill walk</b> 25 minute walk including 5–6 brisk uphill efforts <b>Fit in 4 workout</b> 20–30 minutes	<b>Rest</b> Throw a dinner party and ask people to donate as though they were going out for dinner	<b>'Cover the distance' walk</b> 2.5km at an easy pace taking breaks if needed	<b>Rest or Cross Training</b> 20 minutes of easy effort exercise using a bike, elliptical trainer or swimming
<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>Continuous walk</b> 25 minutes. Aim to walk at a controlled, steady pace limiting your stops	<b>Rest</b>	<b>Hill walk</b> 25 minute walk including 3–4 brisk uphill efforts <b>Fit in 4 workout</b> 20–30 minutes	<b>Rest</b>	<b>'Cover the distance' walk</b> 3km at an easy pace taking breaks if needed	<b>Rest or Cross Training</b> 30 minutes of easy effort training using a bike, elliptical trainer or swimming
<b>WEEK 4</b> Training at different speeds this week should show that you have 2–3 gears you can work through. Aim to really change up the paces through the walk and get a sense of moving your legs that bit faster – push yourself!	<b>Fit in 4 workout</b> or Pilates class	<b>Continuous walk</b> 25 minutes easy walk and stretch well after	<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>'Speed Play' walk</b> 30 minute walk including 3 x 5 minutes at a brisk pace with 5 minutes easy walk between each	<b>Rest</b>	<b>'Cover the distance' walk</b> 3.5km at an easy pace taking breaks if needed	<b>Rest or Cross Training</b> 30 minutes of easy effort training using a bike, elliptical trainer or swimming
<b>WEEK 5</b> Make sure this week you spend some time practising the breakfast you plan to have and training in the kit you will be wearing on race day.	<b>Fit in 4 workout</b> or Pilates class	<b>Continuous walk</b> 30 minutes easy walk and stretch well after	<b>Rest</b> Wash cars, make the tea and coffee for a week or do odd jobs for sponsorship	<b>'Speed Play' walk</b> 30–40 minute walk including 8 x 3 minutes at a brisk pace with 90 secs easy walking between each	<b>Rest</b> Take time to celebrate how far you have come in just 5 weeks. Well done!	<b>'Cover the distance' walk</b> 4km at an easy pace taking breaks if needed	<b>Rest or Cross Training</b> 30 minutes of easy effort training using a bike, elliptical trainer or swimming
<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 <a href="#">JustGiving</a> page with family and friends!	<b>'Speed Play' walk</b> 30–40 minute walk including 5 x 3 minutes at a brisk pace with 90 secs easy walking between each	<b>Rest</b> Share your training photos and progress using #RaceforLife	<b>Easy walk</b> 20 minutes of easy, comfortable walking	<b>Gentle walk</b> For a maximum of 15 minutes and stretch after	<b>YOUR RACE DAY</b> Good luck and keep smiling! 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! Stick with the plan – don't get caught in the moment and be tempted to run. Enjoy your moment and have a great day.

# 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.

For more exclusive training tips and videos from Helen, download the free Race for Life app from the Apple App Store or Google Play Store

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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

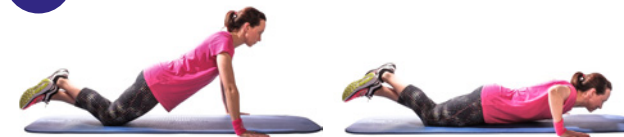


Stand with your feet hip-width apart and your fingertips to your ears.

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.