

If you plan to walk it...

# Race for Life 5K 8-week training programme



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## 5K 8-week walking programme

WEEK 1	5-minute warm-up walk (include joint movements) then aim to power walk for a further 10 minutes (1km/0.6 mile). Finish with a 5-minute cool-down walk and stretch <b>Total workout time: 20 minutes Number of workouts: 3</b>
WEEK 2	5 minute warm-up walk. Then aim to power walk for a further 15 minutes (1.6km/1 mile). Finish with a 5 minute cool-down walk and stretch <b>Total workout time: 25 minutes Number of workouts: 3</b>
WEEK 3	Extra session this week – ensure route includes some inclines! 5-minute warm-up walk. Then power walk for a further 15 minutes (1.6km/1 mile). Finish with a 5-minute cool-down walk and stretch <b>Total workout time: 25 minutes Number of workouts: 4</b>
WEEK 4	5-minute warm-up walk. Then power walk for a further 20 minutes (2km/1.3 miles). Finish with a 5-minute cool-down walk and stretch <b>Total workout time: 30 minutes Number of workouts: 4</b>
WEEK 5	5-minute warm-up walk. Then power walk for a further 25 minutes (3km/1.8 miles). Finish with a 5-minute cool-down walk and stretch <b>Total workout time: 35 minutes Number of workouts: 4</b>
WEEK 6	Change to a more challenging route. 5-minute warm-up walk. Then aim to power walk for a further 30 minutes (3.2km/2 miles). Finish with a cool-down walk and stretch <b>Total workout time: 40 minutes Number of workouts: 4</b>
WEEK 7	5-minute warm-up walk. Then aim to power walk for a further 40 minutes (4km/2.5mile) Finish with a 5-minute cool-down walk and stretch <b>Total workout time: 45 minutes Number of workouts: 4</b>
WEEK 8	5-minute warm-up walk. Then aim to power walk for a further 40 minutes (4km/2.5mile) Finish with a 5-minute cool-down walk and stretch <b>Total workout time: 45 minutes Number of workouts: 4</b>

## My progress chart

For each week, fill in your times and distances to track your progress. The motivation score is optional. You may find it useful to score how you are feeling about your training. Some days are better than others but you need to know you are on track for a successful event. Score between 1-5 (1 being demotivated to 5 which is feeling highly motivated!) Consistent scores of 3 or more mean you are on track to reach your goal!

My race is on \_\_\_\_\_  
Venue \_\_\_\_\_  
Time \_\_\_\_\_

	DAY 1	DAY 2	DAY 3	DAY 4	DAY 5	DAY 6	DAY 7
WEEK 1	Date: ..... Time on route: .....mins .....secs Distance: ..... Motivation score: ①②③④⑤	REST DAY	Date: ..... Time on route: .....mins .....secs Distance: ..... Motivation score: ①②③④⑤	REST DAY	Date: ..... Time on route: .....mins .....secs Distance: ..... Motivation score: ①②③④⑤	REST DAY	REST DAY
WEEK 2	Date: ..... Time on route: .....mins .....secs Distance: ..... Motivation score: ①②③④⑤	REST DAY	Date: ..... Time on route: .....mins .....secs Distance: ..... Motivation score: ①②③④⑤	REST DAY	Date: ..... Time on route: .....mins .....secs Distance: ..... Motivation score: ①②③④⑤	REST DAY	REST DAY
WEEK 3	Date: ..... Time on route: .....mins .....secs Distance: ..... Motivation score: ①②③④⑤	Date: ..... Time on route: .....mins .....secs Distance: ..... Motivation score: ①②③④⑤	REST DAY	Date: ..... Time on route: .....mins .....secs Distance: ..... Motivation score: ①②③④⑤	REST DAY	Date: ..... Time on route: .....mins .....secs Distance: ..... Motivation score: ①②③④⑤	REST DAY
WEEK 4	Date: ..... Time on route: .....mins .....secs Distance: ..... Motivation score: ①②③④⑤	Date: ..... Time on route: .....mins .....secs Distance: ..... Motivation score: ①②③④⑤	REST DAY	Date: ..... Time on route: .....mins .....secs Distance: ..... Motivation score: ①②③④⑤	REST DAY	Date: ..... Time on route: .....mins .....secs Distance: ..... Motivation score: ①②③④⑤	REST DAY
WEEK 5	Date: ..... Time on route: .....mins .....secs Distance: ..... Motivation score: ①②③④⑤	Date: ..... Time on route: .....mins .....secs Distance: ..... Motivation score: ①②③④⑤	REST DAY	Date: ..... Time on route: .....mins .....secs Distance: ..... Motivation score: ①②③④⑤	REST DAY	Date: ..... Time on route: .....mins .....secs Distance: ..... Motivation score: ①②③④⑤	REST DAY
WEEK 6	Date: ..... Time on route: .....mins .....secs Distance: ..... Motivation score: ①②③④⑤	Date: ..... Time on route: .....mins .....secs Distance: ..... Motivation score: ①②③④⑤	REST DAY	Date: ..... Time on route: .....mins .....secs Distance: ..... Motivation score: ①②③④⑤	REST DAY	Date: ..... Time on route: .....mins .....secs Distance: ..... Motivation score: ①②③④⑤	REST DAY
WEEK 7	Date: ..... Time on route: .....mins .....secs Distance: ..... Motivation score: ①②③④⑤	Date: ..... Time on route: .....mins .....secs Distance: ..... Motivation score: ①②③④⑤	REST DAY	Date: ..... Time on route: .....mins .....secs Distance: ..... Motivation score: ①②③④⑤	REST DAY	Date: ..... Time on route: .....mins .....secs Distance: ..... Motivation score: ①②③④⑤	REST DAY
WEEK 8	Date: ..... Time on route: .....mins .....secs Distance: ..... Motivation score: ①②③④⑤	Date: ..... Time on route: .....mins .....secs Distance: ..... Motivation score: ①②③④⑤	REST DAY	Date: ..... Time on route: .....mins .....secs Distance: ..... Motivation score: ①②③④⑤	REST DAY	Date: ..... Time on route: .....mins .....secs Distance: ..... Motivation score: ①②③④⑤	REST DAY

For all your diet and fitness needs, visit [www.rosemaryconley.com](http://www.rosemaryconley.com) or phone 01509 620222

MY FINISH TIME ON THE DAY WILL BE \_\_\_\_\_  
BE REALISTIC A great finish time power walking 5km is 45 mins.  
A mix of walk/jog 35 mins and a great finish time running 5km is 30 mins

If you plan to run it...

# Race for Life 5K 8-week training programme



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## 5K 8-week running programme

WEEK 1	Power walk for 5 minutes then jog gently for 3 minutes. Repeat 3 times <b>Total workout time: 24 minutes Number of workouts: 3</b>
WEEK 2	Power walk for 4 minutes then jog for 4 minutes. Repeat 3 times <b>Total workout time: 24 minutes Number of workouts: 3</b>
WEEK 3	Power walk for 3 minutes then jog for 4 minutes. Repeat 4 times <b>Total workout time: 28 minutes Number of workouts: 4</b>
WEEK 4	Power walk for 2 minutes then jog for 5 minutes. Repeat 4 times <b>Total workout time: 28 minutes Number of workouts: 4</b>
WEEK 5	Power walk for 2 minutes then jog for 8 minutes. Repeat 3 times <b>Total workout time: 30 minutes Number of workouts: 4</b>
WEEK 6	Power walk for 2 minutes then jog for 12 minutes. Repeat 2 times <b>Total workout time: 28 minutes Number of workouts: 4</b>
WEEK 7	Power walk for 1 minute then jog for 15 minutes. Repeat twice <b>Total workout time: 32 minutes Number of workouts: 4</b>
WEEK 8	Gently jog for 5 minutes. Then jog for a further 25 minutes continuously <b>Total workout time: 30 minutes Number of workouts: 4</b>

## My progress chart

For each week, fill in your times and distances to track your progress. The motivation score is optional. You may find it useful to score how you are feeling about your training. Some days are better than others but you need to know you are on track for a successful event. Score between 1-5 (1 being demotivated to 5 which is feeling highly motivated!) Consistent scores of 3 or more mean you are on track to reach your goal!

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Venue \_\_\_\_\_  
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	DAY 1	DAY 2	DAY 3	DAY 4	DAY 5	DAY 6	DAY 7
WEEK 1	Date: ..... Time on route: .....mins .....secs Distance: ..... Motivation score: ①②③④⑤	REST DAY	Date: ..... Time on route: .....mins .....secs Distance: ..... Motivation score: ①②③④⑤	REST DAY	Date: ..... Time on route: .....mins .....secs Distance: ..... Motivation score: ①②③④⑤	REST DAY	REST DAY
WEEK 2	Date: ..... Time on route: .....mins .....secs Distance: ..... Motivation score: ①②③④⑤	REST DAY	Date: ..... Time on route: .....mins .....secs Distance: ..... Motivation score: ①②③④⑤	REST DAY	Date: ..... Time on route: .....mins .....secs Distance: ..... Motivation score: ①②③④⑤	REST DAY	REST DAY
WEEK 3	Date: ..... Time on route: .....mins .....secs Distance: ..... Motivation score: ①②③④⑤	Date: ..... Time on route: .....mins .....secs Distance: ..... Motivation score: ①②③④⑤	REST DAY	Date: ..... Time on route: .....mins .....secs Distance: ..... Motivation score: ①②③④⑤	REST DAY	Date: ..... Time on route: .....mins .....secs Distance: ..... Motivation score: ①②③④⑤	REST DAY
WEEK 4	Date: ..... Time on route: .....mins .....secs Distance: ..... Motivation score: ①②③④⑤	Date: ..... Time on route: .....mins .....secs Distance: ..... Motivation score: ①②③④⑤	REST DAY	Date: ..... Time on route: .....mins .....secs Distance: ..... Motivation score: ①②③④⑤	REST DAY	Date: ..... Time on route: .....mins .....secs Distance: ..... Motivation score: ①②③④⑤	REST DAY
WEEK 5	Date: ..... Time on route: .....mins .....secs Distance: ..... Motivation score: ①②③④⑤	Date: ..... Time on route: .....mins .....secs Distance: ..... Motivation score: ①②③④⑤	REST DAY	Date: ..... Time on route: .....mins .....secs Distance: ..... Motivation score: ①②③④⑤	REST DAY	Date: ..... Time on route: .....mins .....secs Distance: ..... Motivation score: ①②③④⑤	REST DAY
WEEK 6	Date: ..... Time on route: .....mins .....secs Distance: ..... Motivation score: ①②③④⑤	Date: ..... Time on route: .....mins .....secs Distance: ..... Motivation score: ①②③④⑤	REST DAY	Date: ..... Time on route: .....mins .....secs Distance: ..... Motivation score: ①②③④⑤	REST DAY	Date: ..... Time on route: .....mins .....secs Distance: ..... Motivation score: ①②③④⑤	REST DAY
WEEK 7	Date: ..... Time on route: .....mins .....secs Distance: ..... Motivation score: ①②③④⑤	Date: ..... Time on route: .....mins .....secs Distance: ..... Motivation score: ①②③④⑤	REST DAY	Date: ..... Time on route: .....mins .....secs Distance: ..... Motivation score: ①②③④⑤	REST DAY	Date: ..... Time on route: .....mins .....secs Distance: ..... Motivation score: ①②③④⑤	REST DAY
WEEK 8	Date: ..... Time on route: .....mins .....secs Distance: ..... Motivation score: ①②③④⑤	Date: ..... Time on route: .....mins .....secs Distance: ..... Motivation score: ①②③④⑤	REST DAY	Date: ..... Time on route: .....mins .....secs Distance: ..... Motivation score: ①②③④⑤	REST DAY	Date: ..... Time on route: .....mins .....secs Distance: ..... Motivation score: ①②③④⑤	REST DAY

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