

# The Race for Life 5k Running Plan

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This fun, easy to follow training plan will get you all fighting fit and feeling fabulous. So why not encourage your friends and family to sign up to Race for Life and get fit with you?

This year we have added a couple of fun training games for you to include in your training sessions. These will help increase your general fitness as well creating lots of giggles along the way!

## Exercise 1: FOLLOW THE LEADER

To start gently jog in single file, then the person at the back has to run to over take the rest of you and get to the front. Once she is there, the girl now at the back has to over take the group. Keep rotating this for 5 mins. This is a great way of adding fun and increasing your speed, stamina and fitness at the same time.

## Exercise 2: CHEER LEADER

This group exercise is a great way of making the session fun whilst adding some interval training to your workout which will help increase your fitness and tone up all over.

Nominate a leader who will shout out commands that you all do for 30 seconds. For example the 3 commands the leader could shout would require you to:

**1 = jog on the spot** **2 = run faster** **3 = jog backwards**

Start the exercise by Power Walking, then the leader will randomly shout out the number and you all have to quickly react. Keep up this exercise for 5 mins.

To mix it up you can be as imaginative with the names of the commands as you like. For example Star Jumps could be named after your favourite film star, like Brad Pitt, or running could be a personal vice you are well known for, such as chocolate!

## How to Warm Up, Stretch and Cool Down

- You should always warm up before every training session as this helps prevent any injuries and prepares the body for exercise
- To warm up simply march on the spot for 2 mins or walk for 2 mins at an easy pace
- Once you are warm it is important to perform the following stretches as this also prepares and your body for exercise
- At the end of each training session you should always cool down as this helps prevent any muscle soreness and injuries
- To cool down, march on the spot for 2 mins or walk for 2 mins at an easy pace and always finish off by stretching



## The Stretches:

**Calf** Step back with one leg; bend the front leg, keeping the back leg straight and the heel down, with both feet pointing forwards. Rest your hands on the bent leg. Feel the stretch in lower leg. Hold for 10 seconds. Change legs and repeat.



**Quadricep** Stand with good posture, bend one leg behind you and gently hold the foot of the bent leg. Push your hips forward to feel the stretch in the front of your thigh. Keep the supporting knee slightly bent. Hold 10 seconds. Change legs and repeat.



**Hamstring** Standing straight bend one leg and extend the other out straight with heel on the floor and toes pointing up. Place both hands on bent leg and stick your bottom out to feel stretch along the back of straight leg. Hold 20 seconds. Change legs and repeat.



## Your workout Do's and Don'ts

**Do** always complete the full set of stretches I have provided after your warm up and cool down

**Do** drink plenty of water

**Do** stick to well lit main routes and be aware and alert to your surroundings

**Do** carry a mobile phone with you

**Do** wear bright and reflective clothes when exercising outside

**Do** wear a good pair of trainers that provide plenty of cushioning

**Do** wear a good sports bra

**Do** always tell a friend or family if you are going out exercising alone

**Do** put on sun cream and a hat if you are training in the sun and keep fully hydrated

**Don't** exercise on a full stomach

**Don't** exercise if you are feeling unwell or if you have an injury

**Don't** exercise if anything hurts

## HEALTH & SAFETY

If you are new to exercise we advise you to check with your doctor before starting any type of exercise programme. If you or any member of your family has diabetes, high/low blood pressure, a history of heart disease or high cholesterol, you must obtain clearance from your doctor.

**Safety should always be your first priority when you are exercising.**

# The Race for Life 5k Running Plan

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday / Sunday
<b>Week 1</b> You will be feeling fit and fabulous at the end of the week	Alternate with 1 min jog and 2 mins walking, repeat this 5 times	REST	Alternate with 1 min jog and 2 mins walking, repeat this 5 times	REST	Walk 20 mins at a fast pace	REST
<b>Week 2</b> You will find running feels easier	Alternate with 2 min jog and 1 min walk, repeat 8 times	REST	Alternate with 2 min jog and 1 min walk, repeat 8 times	REST	Walk for 25 mins	REST
<b>Week 3</b> You are now half way through your plan and will be feeling fantastic	Alternate jog for 4 mins and walk for 1 min, repeat 6 times	REST	Alternate jog for 4 mins and walk for 1 min, repeat 7 times	REST	Gentle jog for 15 mins	REST
<b>Week 4</b> You will be feeling very fit	Alternate jog for 5 mins and 1 min walk, repeat 5 times	REST	Alternate jog for 5 mins and 1 min walk, repeat 5 times	REST	Gentle jog for 20 mins	REST
<b>Week 5</b> You will be looking great and feeling super fit and strong	Alternate jog for 8 mins and 2 mins walk, repeat 3 times	REST	Alternate jog for 8 mins and 2 mins walk, repeat 3 times	REST	Jog for 30 mins	REST
<b>Week 6</b> You will be ready to complete your event with ease	Gentle jog for 25 mins	REST	Gentle jog for 25 mins	REST	Walk for 40 mins (This gives you a rest from running ahead of your event. Walking is a great way to stretch out your leg muscles.)	



Race for Life