

# Working toward a future where no one dies from cancer

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## YOUR 5K TRAINING GUIDE

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
WEEK 1	Rest	Run 1 min, walk 1 min [x10]	Rest	Run 2 mins, walk 4 mins [x5]	Rest	Rest	Run 2 mins, walk 4 mins [x5]
WEEK 2	Rest	Run 3 mins, walk 3 mins [x4]	Rest	Run 3 mins, walk 3 mins [x4]	Rest	Rest	Run 5 mins, walk 3 mins [x3]
WEEK 3	Rest	Run 7 mins, walk 2 mins [x3]	Rest	Run 8 mins, walk 2 mins [x3]	Rest	Rest	Run 8 mins, walk 2 mins [x3]
WEEK 4	Rest	Run 8 mins, walk 2 mins [x3]	Rest	10 mins, walk 2 mins [x2] then run 5 mins	Rest	Rest	Run 8 mins, walk 2 mins [x3]
WEEK 5	Rest	Run 9 mins, walk 1 min [x3]	Rest	Run 12 mins, walk 2 mins [x2] then run for 5 mins	Rest	Rest	Run 8 mins, walk 2 mins [x3]
WEEK 6	Rest	Run 15 mins, walk 1 min [x2]	Rest	Run 8 mins, walk 2 mins [x3]	Rest	Rest	<b>Sunday 5km Race Day!</b>

### DID YOU KNOW:

- Following a healthy lifestyle can help you reduce your risk of cancer by up to 50%.
- There is clear evidence to tell us that physical activity and exercise can reduce your risk of breast, bowel and womb cancer. It may also help prevent lung cancer.
- Physical activity is thought to reduce breast cancer risk by lowering the amount of insulin and other hormones in your body.
- A lot of research has been carried out into the link between physical activity and bowel cancer. Most of this research has consistently found that adults who increase their physical activity can reduce their risk of developing bowel cancer by 30% to 40%.

**GOOD LUCK!!**

# YOUR 10K TRAINING GUIDE

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
<b>WEEK 1</b>	30 mins walk/jog	Rest	15 mins walk/jog	Rest	15 mins walk/jog	Rest	15 mins walk/jog
<b>WEEK 2</b>	40 mins walk/jog	Rest	15 mins walk/jog	Rest	15 mins walk/jog	Rest	15 mins walk/jog
<b>WEEK 3</b>	50 mins walk/jog	Rest	20 mins jog	Rest	20 mins jog	Rest	Run 1 min continuous then walk 1 min recovery [x10 each]
<b>WEEK 4</b>	60 mins jog/walk	Rest	25 mins easy	Rest	25 mins easy	Rest	Run 1 min continuous then walk 1 min recovery [x10 each]
<b>WEEK 5</b>	75 mins run/walk	Rest	35 mins easy	Rest	35 mins easy	Rest	Run 1 min continuous then walk 1 min recovery [x10 each]
<b>WEEK 6</b>	75 mins run/walk	Rest	40 mins easy	Rest	40 mins easy	Rest	1 min running up shallow hill – walk back [x10 each]
<b>WEEK 7</b>	75 mins run/walk	Rest	45 mins steady	Rest	60 mins steady	Rest	10 x 1 min running up shallow hill – walk back [x10 each]
<b>WEEK 8</b>	45 mins run/walk	Rest	45 mins run	20 mins easy	20 mins easy	Rest	<b>RACE DAY!</b>

## TRAINING OBJECTIVES

<b>Week 1 &amp; 2</b>	Getting over the inhibitions and mental preparation for a regular training pattern. The amount of running is irrelevant – it's more about being 'out there'.
<b>Week 3</b>	Starting to run short distances continuously.
<b>Week 4</b>	Gradually increasing time of the feet – a mental strategy or run 5 mins/walk 1 min for the long run will help you get through 60 mins.
<b>Week 5</b>	15 mins added to the long run – using the 5 min run/1 min walk strategy.
<b>Week 6</b>	Consolidation week – slight increase in the down recovery midweek runs.
<b>Week 7</b>	The long runs are going to start to get you tired – refuelling after the Sunday run & mid-week hour run is essential – it's tough but it will start to build the endurance you'll need for the race.
<b>Week 8</b>	<b>Taper down for the race.</b>

# GOOD LUCK!!

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