

CANCER, YOU'RE ON.

WE WON'T GIVE UP UNTIL CANCER DOES

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 **Irish
Cancer
Society**

YOUR 5K TRAINING GUIDE

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
WEEK 1	Rest	Run 1 min, walk 1 min x 10	Rest	Run 2 mins, walk 4 mins x 5	Rest	Rest	Run 2 mins, walk 4 mins x 5
WEEK 2	Rest	Run 3 mins, walk 3 mins x 4	Rest	Run 3 mins, walk 3 mins x 4	Rest	Rest	Run 5 mins, walk 3 mins x 3
WEEK 3	Rest	Run 7 mins, walk 2 mins x 3	Rest	Run 8 mins, walk 2 mins x 3	Rest	Rest	Run 8 mins, walk 2 mins x 3
WEEK 4	Rest	Run 8 mins, walk 2 mins x 3	Rest	10 mins, walk 2 mins x 2 then run 5 mins	Rest	Rest	Run 8 mins, walk 2 mins x 3 times
WEEK 5	Rest	Run 9 mins, walk 1 min x 3	Rest	Run 12 mins, walk 2 mins x 2 then run for 5 mins	Rest	Rest	Run 8 mins, walk 2 mins x 3
Week 6	Rest	Run 15 mins, walk 1 min x 2	Rest	Run 8 mins, walk 2 mins x 3	Rest	Rest	Sunday 5km Race Day!

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!!