

On your marks for a 10k jog/run

Whether you simply want to get fitter or are planning to take part in a Race for Life 10k event, then this plan is for you.

Cancer Research UK has teamed up with Lucy Wyndham-Read, one of the UK's leading women's fitness experts, to create the simple 6 week training plan you'll see opposite.

Following it will help you feel fitter, increase your endurance, tone your body, increase your confidence, boost your natural calorie burn and leave you feeling full of energy. So that's something to keep you motivated!

Before you get started, it is important to gradually build up your endurance without overdoing it. You'll see your programme has 3 runs a week, with a longer run at the weekend. It's important to let your body recover, so rest days are just as important as training days.

Don't forget to stay well hydrated too. Carry a bottle of Aqua Pura with you whenever you run – drinking plenty of water can help you to perform better during exercise and is the perfect way to cool down too.

Of course the main thing throughout your training and your Race for Life event itself is this: enjoy yourself! And good luck!



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	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
6 weeks to go! Let's start off nice and gently	For 20 mins, alternate 3 minutes walking then 2 minutes jogging.	Rest	For 20 mins, alternate 3 minutes walking then 2 minutes jogging.	Rest	For 20 mins, alternate 3 minutes walking then 2 minutes jogging.	Rest	Pick 5 favourite tunes and aim to do a gentle jog to one then walk to the next, and so on.
5 weeks left Already you'll be feeling fitter	For 20 mins, alternate 2 mins walking with 3 mins jogging.	Rest	For 20 mins, alternate 2 mins walking with 3 mins jogging.	Rest	For 20 mins, alternate 2 mins walking with 3 mins jogging.	Rest	Go for a gentle jog for 5 mins then walk 2 mins. Repeat this 3 times.
4 more weeks Now you'll be feeling full of energy!	For 20 mins, alternate 1 min walking and 4 mins jogging.	Rest	For 20 mins, alternate 1 min walking and 4 mins jogging.	Rest	For 20 mins, alternate 1 min walking and 4 mins jogging.	Rest	Go for a good 30 mins fast walk; this will give your legs a good stretch.
3 weeks and counting You're much fitter now – so keep up the good work!	Run for 20 mins	Rest	Run for 20 mins	Rest	Run for 20 mins	Rest	Do a gentle 20 min jog.
Only two weeks left You should be finding running a lot easier by now – so let's up the distance a little this week.	Run 30 mins: do 8 mins at an easy pace, then run a bit faster for 2 mins. Repeat this 3 times.	Rest	Run 30 mins: do 8 mins at an easy pace, then run a bit faster for 2 mins. Repeat this 3 times.	Rest	Run 30 mins: do 8 mins at an easy pace, then run a bit faster for 2 mins. Repeat this 3 times.	Rest	Get together with your Race for Life girls and go for an easy 30 min jog.
One last week! Well done: you're now on your last week of training so you should be feeling fantastic – and raring to go!	Run 40 mins	Rest	Run 30 mins	Rest	Run 20 mins	Rest	Your ready to run your Race for Life 10k – good luck!