

## 5k Challenge Training Plan

**Congratulations on signing up for a 5k run - tough enough to be rewarding but well within most people's capability - with the right training!**

Following this training plan will ensure that you are physically prepared and able to complete the challenge safely and relatively comfortably. Being fit and well-prepared will also really contribute to your enjoyment of a 5K run!

Don't forget that, even if you are accustomed to jogging or walking, you will probably not be used to running for a prolonged amount of time. You should aim to increase your fitness levels to prepare yourself for this type of challenge.

### **Medical check-up**

Before you start on a new training programme, it is always a good idea to consult with your doctor. You may wish to take our recommended training programme along with you so the doctor knows the level of training you are hoping to carry out.

**NB all people have different levels of 'trainability' and natural potential. It is possible for complete beginners to make very rapid progress and move up through the targets, while others find initially that they can't achieve the early training levels.**

Remember the two golden rules:

- build up very gradually
- you must rest and recover to enable the training to become beneficial.

### **Walking /Jogging/ Running /Levels**

Miles per hour or heart rate can be a measure of exertion across different terrain so use Sing - Talk - Gasp

**SING - easy jogging.** You should be moving comfortably enough to sing your favourite songs

**TALK - steady running.** You are moving quickly but still able to talk intelligibly (if not intelligently!)

**GASP - sprinting or speed work.** You can't string a complete sentence together without running out of puff

**For extra fat loss** Do the short sessions in the morning after a glass of water but before eating. Otherwise leave three hours post-meal before heading out. On longer runs, sip a dilute juice drink (half and half with water) - 1 litre per hour.

Always eat within 30 minutes of finishing and include a portion of lean protein such as chicken, fish or cottage cheese.

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**Important Note!** Listen to your body. As you start and continue your training you will expect to feel slightly fatigued and your muscles may ache after training. Gentle stretching is important after exercise. If any tenderness or discomfort does not go away after rest, consult your doctor. If you experience any sudden pain, tightness in the chest or breathlessness seek medical advice immediately.

## Kit Selection

Jogging and running are generally one of the cheaper activities to engage in, but it doesn't hurt to put in a little money and purchase the right gear to help make your jogging experience a lot more enjoyable.

Basic Kit consists of:

- Running top / vest
- Running shorts / leggings
- Water-resistant / windproof jacket
- Water bottle
- Good-quality running shoes

### Socks

Running specific synthetic socks are light and cool, and do not add bulk to your feet. They also promote moving the sweat away from your feet.

### Shorts / leggings / running tops

Synthetic fibres are definitely popular choices as they provide a dry jogging experience. These fibres move moisture away from the skin towards the outer layers of the material for easy evaporation.

### Running Shoes

The most important piece of equipment any runner needs is a good and trusty pair of shoes. Choosing the right pair of shoes is essential to maximizing your running experience and helping to avoid injuries. Visit a reputable sports shop to have your feet measured and your gait analysed.

## The Training Plan

Try and follow the plan as closely as possible. If it looks a little daunting, don't worry - one of the best things about running is that it's so adaptable.

**Short of time?** Take a break from the computer screen at lunchtime and go for a jog or a brisk walk - why not get your colleagues to join you!

**More of a gym bunny?** No problem - the treadmill will be your friend - and the stepper is ideal for your hill training sessions too.

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**Worried about your training interfering with normal life at the weekend?** The long runs at the weekend are ideal to catch up with fellow runners, friends, family and partners. The dogs will love the extra exercise too!

**So, now's the time to get started**

**NB** The Willow Foundation does not accept responsibility for any injury, loss or damage to you or your property incurred during training or participation in this event. Any participant who has any concern about his or her physical condition is advised to consult his/her own doctor before taking part in the event or any training leading up to the event.

## Week One

This week's training objective is about getting your body used to regular exercise.

<b>The Programme – Week 1</b>	
<b>Sunday</b>	<b>Walk quickly for 15 minutes</b>
<b>Monday</b>	<b>Rest</b>
<b>Tuesday</b>	<b>Alternative exercise (e.g. swim, cycle, aerobics) or rest</b>
<b>Wednesday</b>	<b>Walk or jog for 10 – 15 minutes</b>
<b>Thursday</b>	<b>Rest</b>
<b>Friday</b>	<b>Walk for 20 minutes</b>
<b>Saturday</b>	<b>Alternative exercise or rest</b>

## Week Two

This week's training objective is about continuing to get your body used to regular exercise and building up your training.

<b>The Programme – Week 2</b>	
<b>Sunday</b>	<b>Walk quickly or jog for 12 – 15 minutes</b>
<b>Monday</b>	<b>Rest</b>
<b>Tuesday</b>	<b>Alternative exercise or rest</b>
<b>Wednesday</b>	<b>Walk or jog for 12 – 15 minutes increasing the pace in the middle for 5 minutes</b>
<b>Thursday</b>	<b>Rest</b>
<b>Friday</b>	<b>Walk for 25 minutes</b>
<b>Saturday</b>	<b>Alternative exercise or rest</b>

## Week Three

This week's training objective is about building up your training and starting to run distances continuously.

<b>The Programme – Week 3</b>	
<b>Sunday</b>	<b>Jog/walk slowly for 12 – 15 minutes</b>
<b>Monday</b>	<b>Rest</b>
<b>Tuesday</b>	<b>20 minutes fast walk or rest</b>

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<b>Wednesday</b>	<b>Jog for 1 minute, walk at a fast pace for 1 minute, alternate for 15 – 20 minutes</b>
<b>Thursday</b>	<b>Rest</b>
<b>Friday</b>	<b>30 minutes walk</b>
<b>Saturday</b>	<b>Alternative exercise or rest</b>

### Week Four

This week's training objective is about gradually increasing your running distances.

<b>The Programme – Week 4</b>	
<b>Sunday</b>	<b>Jog/walk for 20 – 35 minutes</b>
<b>Monday</b>	<b>Rest</b>
<b>Tuesday</b>	<b>Alternative exercise or walk for 20 minutes</b>
<b>Wednesday</b>	<b>Jog/walk slowly for 20 – 25 minutes but include 3 bursts of faster running for 60 seconds each</b>
<b>Thursday</b>	<b>Rest</b>
<b>Friday</b>	<b>Alternative exercise or walk for 20 minutes</b>
<b>Saturday</b>	<b>Jog/walk for 45 minutes</b>

Going forward: repeat week one to four but try and increase the amount of continuous running. If you cannot run all the way, try alternating five minutes running, one minute jog.

### Final Week

<b>The Programme – Final Week</b>	
<b>Sunday</b>	<b>Rest</b>
<b>Monday</b>	<b>Jog/walk for 10 minutes, run/walk faster for 10 minutes, jog/walk for 10 minutes</b>
<b>Tuesday</b>	<b>Rest</b>
<b>Wednesday</b>	<b>Alternative exercise or rest</b>
<b>Thursday</b>	<b>Slow jog/walk for 15 minutes</b>
<b>Friday</b>	<b>Rest</b>
<b>Saturday</b>	<b>Race day</b>

**Congratulations! You have finished your training and should now be fully prepared for your 5k run. You should be feeling fit, ready to go and confident that the past weeks have put you in the best shape to have a great race!**

**Good luck and thank you very much for taking on this challenge to raise funds for the Willow Foundation.**