

5 KM TRAINING GUIDE

Team Macmillan runners feel a huge sense of achievement when they finish the race. Add this to the knowledge that your efforts have helped improve the lives of people with cancer and it will make the training more than worth it!

5km may not seem like a great distance but it should be treated with respect, especially if it's hot on the day. Whatever your running experience, we advise you to build training sessions into your schedule. Fitting training around work and family commitments isn't easy so we've teamed up with Runner's World to produce training guides to help you get started. For further information we recommend consulting www.runnersworld.co.uk or Runners World magazine.

For 20 minutes before each run you should go through a warm-up routine, e.g. jogging, stretching and striding.

Beginner's 6-week Training Guide

This assumes you don't run at all and is designed to get you round comfortably, with a few short walks.

Week	MON	TUES	WED	THURS	FRI	SAT	SUN
1	Rest Day	Run 1 min, Walk 1 min. Do 10 times	Rest Day	Run 2 mins, walk 4 mins. Do 5 times	Rest Day	Rest Day	Run 2 mins, walk 4 mins. Do 5 times
2	Rest Day	Run 3 mins, walk 3 mins. Do 4 times	Rest Day	Run 3 mins, walk 3 mins. Do 4 times	Rest Day	Rest Day	Run 5 mins, walk 3 mins. Do 3 times
3	Rest Day	Run 7 mins, walk 2 mins. Do 3 times	Rest Day	Run 8 mins, walk 2 mins. Do 3 times	Rest Day	Rest Day	Run 8 mins, walk 2 mins. Do 3 times
4	Rest Day	Run 8 mins, walk 2 mins. Do 3 times	Rest Day	Run 10 mins, walk 2 mins. Do twice then run for 5 mins	Rest Day	Rest Day	Run 8 mins, walk 2 mins. Do 3 times
5	Rest Day	Run 9 mins, walk 1 min. Do 3 times	Rest Day	Run 12 mins, walk 2 mins. Do twice then run for 5 mins	Rest Day	Rest Day	Run 8 mins, walk 2 mins. Do 3 times
6	Rest Day	Run 15 mins, walk 1 min. Do twice	Rest Day	Run 8 mins, walk 2 mins. Do 3 times	Rest Day		5Km RACE

On race day: You will probably find that you can run for about 20 mins before you need a break. Always start slowly and don't wait until you are exhausted before taking a 1 minute walk break.

Improver's Training Guide

This guide is for those who can already run for 30 minutes at any pace.

Week	MON	TUES	WED	THURS	FRI	SAT	SUN
1	Rest Day	20-25 mins easy	Rest Day	10 mins easy then 4x1 brisk with 2 min jog then 10 mins easy	Rest Day	20 mins easy	30 mins easy
2	Rest Day	20-25 mins easy	Rest Day	10 mins easy then 5 x 90 secs brisk with 2.5 min jogs then 10 mins easy	Rest Day	20 mins easy	35 mins easy
3	Rest Day	25-30 mins easy	Rest Day	10 mins easy then 20 mins fartlek	Rest Day	25 mins easy	40 mins easy
4	Rest Day	10 mins easy, then stretch, then 1 fast timed mile then 10 mins easy	Rest Day	10 mins easy, then 20 mins fartlek, then 10 mins easy	Rest Day	20 mins easy	45 mins easy
5	Rest Day	25-30 mins easy	Rest Day	10 mins easy then 3x3 mins brisk with 3 min jog then 10 mins easy	Rest Day	25 mins easy	35 mins easy
6	Rest Day	25 mins easy, including 6 x 20-40 secs faster-paced running	Rest Day	20-25 mins easy	Rest Day	15 mins easy or rest	5Km RACE

Understanding the terms:

Easy = Slow jog

Brisk = Faster than normal pace i.e. pushing yourself!

Fartlek = A Swedish term literally meaning 'speedplay'! Start at an easy pace then put in a sprint stretch - anything from 100 – 300 metres in length – before dropping back to an easy pace.

Happy Training!

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