

3km run training plan

Week	Day 1	Day 2	Day 3	Day 4	Day 5	Day 6	Day 7	How do you feel?	Top tips
1	Walk Walk 20min continuous	Rest day	Walk / jog Repeat walk 3min and jog 1min x4, cooldown 10min	Rest day	Low impact training Easy walk, bike, gym or swim	Rest day	Run Run to distance 0.5km	😊 😐 😞	1 Check the weather before training and choose clothing and footwear to suit your conditions. Always cover up, and wear sunscreen of SPF 15+. 2 Take this training plan at your own pace. Don't worry about speed and focus on completing the session. 3 Don't worry if you have to move a session here or there. Life gets in the way, so make the plan work for you. 4 Rest days are important too. They allow your body to recover and prepare for your next run. 5 Try doing the run to distance at the same time of day as the race. This way, your body can adapt, ready for Race day! 6 Remember what you're doing this for! Have fun, enjoy the day and go at your own pace.
2	Low impact training Easy walk, bike, gym or swim	Rest day	Walk / jog Repeat walk 3min and jog 1min x6, cooldown 10min	Rest day	Walk Walk 25 min continuous	Rest day	Run Run to distance 1km	😊 😐 😞	
3	Walk Walk 30min continuous	Rest day	Walk / jog Repeat walk 4min and jog 2min x4, cooldown 10min	Rest day	Low impact training Easy walk, bike, gym or swim	Rest day	Run Run to distance 1.5km	😊 😐 😞	
4	Rest day	Rest day	Walk / jog Repeat walk 4min and jog 3min x3, cooldown 10min	Rest day	Walk Walk 40min continuous	Rest day	Run Run to distance 2km	😊 😐 😞	
5	Walk Walk 50min continuous	Rest day	Walk / jog Repeat walk 5min and jog 2min x5, cooldown 10min	Rest day	Low impact training Easy walk, bike, gym or swim	Rest day	Run Run to distance 2.5km	😊 😐 😞	
6	Rest day	Rest day	Walk / jog Repeat walk 5min and jog 3min x3, cooldown 10min	Rest day	Gentle movement Yoga, pilates or walk	Rest day	Race day	😊 😐 😞	



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Users must ensure they are fit and of sufficient health to take part in this programme. You should speak to your doctor if you have any concerns before taking part. Stop immediately in the event of any injuries or concerns and seek appropriate advice.

