

10km walk 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 Easy walk 35min continuous	Rest day	Brisk Walk Repeat brisk 2min and easy 1min x10	Rest day	Walk Easy walk 30min continuous	Rest day	Walk Walk to distance 5km	😊 😐 😞	<ol style="list-style-type: none"> 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 View your walk to distance sessions as weekly milestones to help you stay on track. 3 At the halfway point, your legs might be feeling a little sore. 4 Week four is designed to be gentler. Take it easy, enjoy your rest days, and give your body a chance to recover. 5 The end is in sight! If this week is feeling tough, take a minute to remember why you signed up for Race for Life, the difference you'll make and how you'll feel crossing the finish line. 6 It's Race week! Your training is done and it's time to enjoy the day and show off all your hard work.
2	Walk Easy walk 40min continuous	Rest day	Brisk Walk Repeat brisk 3min and easy 1min x8	Rest day	Walk Easy walk 45min continuous	Rest day	Walk Walk to distance 6km	😊 😐 😞	
3	Walk Easy walk 50min continuous	Rest day	Brisk Walk Repeat brisk 2min and easy 1min x12	Rest day	Walk Easy walk 60min continuous	Rest day	Walk Walk to distance 7km	😊 😐 😞	
4	Rest day	Walk Easy walk 60min continuous	Rest day	Walk Easy walk 55min continuous	Rest day	Rest day	Walk Walk to distance 8km	😊 😐 😞	
5	Walk Easy walk 80min continuous	Rest day	Brisk Walk Repeat brisk 3min and easy 1min x10	Rest day	Walk Easy walk 90min continuous	Rest day	Walk Walk to distance 9km	😊 😐 😞	
6	Rest day	Brisk Walk Repeat brisk 5min and easy 1min x6	Rest day	Walk Easy walk 80min continuous	Rest day	Easy Walk / Gentle movement	 Race day	😊 😐 😞	



#RaceForLife

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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.

