


# 3km 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	<b>Walk</b> Easy walk 10min continuous	Rest day	<b>Gentle movement</b> Yoga, pilates or walk	Rest day	<b>Walk</b> Easy walk 10min continuous	Rest day	<b>Walk</b> Walk to distance 0.5km	😊 😐 ☹️	<p><b>1</b> To get motivated, keep your training plan somewhere you can see it and tick off each session as you go.</p> <p><b>2</b> Don't feel like you have to do too much too soon. You'll build fitness through consistency, not by overloading yourself.</p> <p><b>3</b> If your legs are sore, it's a great sign that you're pushing your limits. Take a minute to celebrate how far you've come. Ease any aches with a warm up before each session and some stretching after.</p> <p><b>4</b> This week, the training might feel tougher. Keep in mind why you signed up for Race for Life, the difference you'll make and how you'll feel crossing the finish line.</p> <p><b>5</b> It's time to think about what kit you need for the big day. Check the weather in advance and choose clothing and footwear to suit your conditions.</p> <p><b>6</b> Enjoy it! The hard work has been done and you're ready to go. Pace yourself and take in the experience.</p>
2	<b>Gentle movement</b> Yoga, pilates or walk	Rest day	<b>Walk</b> Easy walk 12min continuous	Rest day	<b>Walk</b> Easy walk 10min continuous	Rest day	<b>Walk</b> Walk to distance 1km	😊 😐 ☹️	
3	<b>Walk</b> Easy walk 12min continuous	Rest day	<b>Gentle movement</b> Yoga, pilates or walk	Rest day	<b>Walk</b> Easy walk 12min continuous	Rest day	<b>Walk</b> Walk to distance 1.5km	😊 😐 ☹️	
4	<b>Gentle movement</b> Yoga, pilates or walk	Rest day	<b>Walk</b> Easy walk 15min continuous	Rest day	<b>Gentle movement</b> Yoga, pilates or walk	Rest day	<b>Walk</b> Walk to distance 2km	😊 😐 ☹️	
5	<b>Walk</b> Easy walk 10min continuous	Rest day	<b>Brisk walk</b> Repeat 1min brisk and 1min easy x6	Rest day	<b>Gentle movement</b> Yoga, pilates or walk	Rest day	<b>Walk</b> Walk to distance 2.5km	😊 😐 ☹️	
6	Rest day	Rest day	<b>Walk</b> Easy walk 10min continuous	Rest day	<b>Easy walk / Gentle movement</b>	Rest day	 <b>Race day</b>	😊 😐 ☹️	



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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.

