

# 5K TRAINING GUIDE



Running your first 5K is an exciting goal for brand new runners, or those who have never toed the line of a race before. A 5 kilometre (or 3.1 mile) race is the perfect way to get in shape and have some fun while exercising.

A 5k encourages you to develop a combination of endurance, speed, and strength. You can train for it and still enjoy free time for all the other things that you enjoy. You'll raise your heart rate, lower blood pressure, and relieve stress, all while raising vital funds to support people facing financial hardship.

If you're struggling with the week-to-week rise in intensity, feel free to repeat a week as often as needed to be comfortable



Training plan created with Odstock Health and Fitness

	MON	TUES	WED	THURS	FRI	SAT	SUN
WEEK 1	Rest	Easy run 1 min, walk 2 mins. Repeat 6 times	Rest	Easy run 1 min, walk 2 mins. Repeat 6 times	Rest	Rest	Easy run 1 min, walk 1 min. Repeat 10 times
WEEK 2	Rest	Easy run 2 mins, walk 2 to 4 mins. Repeat 5 times	Rest	Easy run 1 min, walk 1 min. Repeat 10 times	Rest	Rest	Long run: 1.5km (try not to walk if you can)
WEEK 3	Rest	Easy run 3 mins, walk 3 mins. Repeat 4 times	Rest	Easy run 3 mins, walk 3 mins. Repeat 4 times	Rest	Rest	Easy run 3 mins, walk 1 to 3 mins. Repeat 5 times
WEEK 4	Rest	Easy run 5 mins, walk 3 mins. Repeat 3 times	Rest	Easy run 5 mins, walk 3 mins. Repeat 3 times	Rest	Rest	Long run: 2km
WEEK 5	Rest	Easy run 7 mins, walk 2 mins. Repeat 3 times	Rest	Easy run 7 mins, walk 2 mins. Repeat 3 times	Rest	Rest	Long run: 2km
WEEK 6	Rest	Easy run 8 mins, walk 2 mins. Repeat 3 times	Rest	Easy run 10 mins, walk 2 mins. Repeat 2 times	Rest	Rest	Long run: 3km
WEEK 7	Rest	Easy run 12 mins, walk 2 mins. Repeat 2 times	Rest	Easy run 12 mins, walk 2 mins. Repeat 2 times	Rest	Rest	Long run: 3km
WEEK 8	Rest	Easy run 15 mins, walk 1 to 3 mins. Repeat 2 times	Rest	Easy run 15 mins, walk 1 to 3 mins. Repeat 2 times	Rest	<b>5K Race!</b>	

All Race Against Hunger distances are non-competitive. Participants are responsible for ensuring that they are sufficiently fit and healthy to take part in the challenge. Anyone unsure of their physical ability to take part must therefore seek medical advice from a general practitioner prior to the challenge.

# 10K TRAINING GUIDE



Running is a great way to exercise, and running a 10k race can be a great goal for beginners since it can motivate you to improve and work towards the goal of achieving a great running time. A 10K is approximately 6.2 miles. A 10k is arguably the toughest distance to pace and is a good test of pace and endurance however, the thrill you'll feel once you cross the finish line with #TeamTrussell will be worth all your efforts! Only 1 in 4 people can do it.

On average, a 10K takes about an hour to complete. As a beginner, you should concentrate on training fully for the distance and make it to the finish line with good form. In future 10K races, you can try to beat your personal best for the distance.



Training plan created with Odstock Health and Fitness

	MON	TUES	WED	THURS	FRI	SAT	SUN
WEEK 1	Rest	30 mins easy (but walk for 3 minutes if you need a rest, then try to run gain)	Rest	30 mins easy	Rest	Rest	Long run: 3km (try not to walk if you can)
WEEK 2	Rest	30 mins easy	Rest	30 mins easy	Rest	Rest	Long run: 5km
WEEK 3	Rest	30 mins easy	Rest	20 mins interval running	Rest	Rest	Long run: 5km
WEEK 4	Rest	40 mins easy	Rest	30 mins easy	Rest	Rest	Long run: 50 mins
WEEK 5	Rest	30 mins interval running	Rest	40 mins easy	Rest	Rest	Long run: 6km
WEEK 6	Rest	30 mins easy	Rest	40 mins easy	Rest	Rest	Long run: 8km
WEEK 7	Rest	40 mins easy	Rest	40 mins interval running	Rest	Rest	Long run: 6km
WEEK 8	Rest	30 mins easy	Rest	20 mins easy	Rest	<b>10K Race!</b>	

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# HALF MARATHON TRAINING GUIDE



Training plan created  
with Odstock Health  
and Fitness

This plan is for you if it's the first time you've run a half marathon or if it's been some time since you ran any longer distances. If running a marathon is on your list of things to do, half marathons are a good place to start.

Training for a 13.1 mile run requires a gradual increase in mileage and speed, prolonged running and a commitment to improving your fitness. The biggest health benefit of running half marathons are they increase cardiovascular capacity. Constantly improving fitness will improve the body's ability to take on greater mileage, lower blood pressure, and improve overall heart health.

	MON	TUES	WED	THURS	FRI	SAT	SUN
WEEK 1	Rest	30 mins easy	30 mins easy	Rest	30 mins easy	Rest	Long run: 3 miles (5km)
WEEK 2	Rest	30 mins easy	30 mins tempo running	Rest	30 mins easy	Rest	Long run: 40 mins
WEEK 3	Rest	30 mins easy	30 mins tempo running	Rest	30 mins easy	Rest	Long run: 5 miles (8km)
WEEK 4	Rest	40 mins easy	30 mins tempo running	Rest	40 mins cross training	Rest	Long run: 60 mins
WEEK 5	Rest	40 mins easy	30 mins tempo running	Rest	40 mins interval running	Rest	Long run: 7 miles (11km)
WEEK 6	Rest	40 mins easy	30 mins tempo running	Rest	40 mins interval running or cross training	Rest	Long run: 8 miles (13km)
WEEK 7	Rest	40 mins easy	30 mins tempo running	Rest	40 mins interval running	Rest	Long run: 60 mins
WEEK 8	Rest	40 mins easy	30 mins tempo running	Rest	50 mins interval running or cross training	Rest	Long run: 10 miles (16km)
WEEK 9	Rest	40 mins easy	30 mins tempo running	Rest	50 mins interval running	Rest	Long run: 5 miles (8km)
WEEK 10	Rest	40 mins easy	30 mins tempo running	Rest	40 mins interval running or cross training	Rest	Long run: 12 miles (19km)
WEEK 11	Rest	40 mins easy	30 mins tempo running	Rest	40 mins interval running	Rest	Long run: 6 miles (10km) at race pace
WEEK 12	Rest	40 mins easy	30 mins tempo running	Rest	50 mins easy	<b>Half Marathon Race!</b>	

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