



# ONE STEP AT A TIME



**RAINBOW  
TRUST**

SUPPORTING FAMILIES  
WITH A SERIOUSLY ILL CHILD

# TRAINING GUIDE



Leaving the sofa and training for a 5k can feel overwhelming but don't worry this simple training plan will guide you one step at a time. This 12 week training schedule is designed for beginners who have set themselves a challenge of running 5k.

You should do 3 runs a week and ideally try to give yourself a day off after each one. Strength training is extremely beneficial for all levels of runners. It enhances endurance and speed whilst helping preventing injury. You should aim to complete a strength training workout once a week.



## WEEK 1 – SAY GOODBYE TO THE SOFA

### TIP OF THE WEEK

Find a suitable pair of trainers which will help you reduce your risk of injury and make your running experience an enjoyable one.

<b>WEEK 1</b>	<b>TRAINING DAY 1</b>		<b>TRAINING DAY 2</b>		<b>TRAINING DAY 3</b>	<b>STRENGTH WORKOUT FOR WEEK 1:</b>
	Run for 1 min, walk for 1 min, repeat x10		Run for 1 min, walk for 1 min, repeat x10		Run for 90 seconds, walk for 90 seconds, repeat x8	

## WEEK 2 -THE FIRST WEEK IS ALWAYS THE HARDEST, SO WELL DONE FOR COMPLETING!

### TIP OF THE WEEK

If you are feeling hungry before you run, eat 1-2 hours before you exercise. Always go for a small portion. Pre running food ideas:

- Smoothie
- Hummus and carrots
- Slice of toast with peanut butter
- Meat or vegetable omelette

<b>WEEK 2</b>	<b>TRAINING DAY 1</b>		<b>TRAINING DAY 2</b>		<b>TRAINING DAY 3</b>	<b>STRENGTH WORKOUT FOR WEEK 2:</b>
	Run for 90 seconds, walk for 90 seconds, repeat x8		Run for 2 mins, walk for 2 mins, repeat x8		Run for 2 mins, walk for 2 mins, repeat x8	



## WEEK 3 – KEEP ON GOING!

**TIP OF THE WEEK**

Have a good playlist to make your running more pleasurable.

<b>WEEK 3</b>	<b>TRAINING DAY 1</b>		<b>TRAINING DAY 2</b>		<b>TRAINING DAY 3</b>	<b>STRENGTH WORKOUT FOR WEEK 3:</b>  8 squats, repeat x3 8 sit ups, repeat x2
	Run for 3 mins, walk for 2 mins, repeat x6		Run for 3 mins, walk for 2 mins, repeat x6		Run for 3 mins, walk for 90 seconds, repeat x6	

## WEEK 4 – YOUR CONFIDENCE SHOULD BE GROWING 😊

**TIP OF THE WEEK**

Do you have a friend to run with? With your new growing confidence, why not try and get a friend to join you.

<b>WEEK 4</b>	<b>TRAINING DAY 1</b>		<b>TRAINING DAY 2</b>		<b>TRAINING DAY 3</b>	<b>STRENGTH WORKOUT FOR WEEK 4:</b>  10 squats, repeat x3 5 forward lunges, repeat x3 10 sit ups, repeat x2
	Run for 3 mins, walk for 2 mins, repeat x6		Run for 3 mins, walk for 90 seconds, repeat x6		Run for 3 mins, walk for 90 seconds, repeat x6	



## WEEK 5 - RUNNING GIVES YOU MORE ENERGY. FACT!

**TIP OF THE WEEK**

Don't forget to refuel after your run. Eat carbs for replacing energy and protein for muscle repair.

<b>WEEK 5</b>	<b>TRAINING DAY 1</b>		<b>TRAINING DAY 2</b>		<b>TRAINING DAY 3</b>	<b>STRENGTH WORKOUT FOR WEEK 5:</b>
	Run for 4 mins, walk for 2 mins repeat x6		Run for 4 mins, walk for 2 mins, repeat x6		Run for 4 mins, walk for 90 seconds, repeat x6	

## WEEK 6 - APPROACHING THE HALF WAY MARK!

**TIP OF THE WEEK**

Drink lots of water throughout each day, you should be aiming for 6-8 glasses each day.

<b>WEEK 6</b>	<b>TRAINING DAY 1</b>		<b>TRAINING DAY 2</b>		<b>TRAINING DAY 3</b>	<b>STRENGTH WORKOUT FOR WEEK 6:</b>
	Run for 5 mins, walk for 90 seconds, repeat x4		Run for 6 mins, walk for 1 min, repeat x4		Run for 7 mins, walk for 1 min, repeat x4	



## WEEK 7 - DON'T FORGET THE CORE



**TIP OF THE WEEK**

A stronger core helps with running and reduces back pain.

<b>WEEK 7</b>	<b>TRAINING DAY 1</b>		<b>TRAINING DAY 2</b>		<b>TRAINING DAY 3</b>	<b>STRENGTH WORKOUT FOR WEEK 7:</b>
	Run for 7 mins, walk for 1 min, repeat x4		Run for 8 mins, walk for 1 min, repeat x4		Run for 9 mins, walk for 1 min, repeat x3	

## WEEK 8 - DON'T FORGET THE ARMS



**TIP OF THE WEEK**

Running isn't all about the legs. A good arm action helps set your rhythm.

<b>WEEK 8</b>	<b>TRAINING DAY 1</b>		<b>TRAINING DAY 2</b>		<b>TRAINING DAY 3</b>	<b>STRENGTH WORKOUT FOR WEEK 8:</b>
	Run for 9 mins, walk for 1 min, repeat x3		Run for 10 mins, walk for 1 min, repeat x3		Run for 10 mins, walk for 1 min, repeat x3	



## WEEK 9 – 4 WEEKS TO GO – DON'T FORGET THE GLUTES!



Strengthening your glutes will prevent injury and increase your speed

<b>WEEK 9</b>	<b>TRAINING DAY 1</b>		<b>TRAINING DAY 2</b>		<b>TRAINING DAY 3</b>	<b>STRENGTH WORKOUT FOR WEEK 9:</b>  15 squats, repeat x2 10 forward lunges, repeat x2 15 sit ups, repeat x2 10 bicep curls using dumbbells or a can of beans, repeat x3 25 second plank, repeat x2 5 squat pulses, repeat x2
	Run for 13 mins, walk for 1 min, repeat x2		Run for 13 mins, walk for 1 min, repeat x2		Run for 15 mins, walk for 1 min, repeat x2	

## WEEK 10 – LOOK BACK AT HOW FAR YOU HAVE COME



Change your routes to give yourself variety and to keep it exciting.

<b>WEEK 10</b>	<b>TRAINING DAY 1</b>		<b>TRAINING DAY 2</b>		<b>TRAINING DAY 3</b>	<b>STRENGTH WORKOUT FOR WEEK 10:</b>  20 squats, repeat x2 15 forward lunges, repeat x2 20 sit ups, repeat x2 10 shoulder press with dumbbells or can of beans, repeat x3 25 second plank, repeat x2 5 squat pulses, repeat x2
	Run for 18 mins, walk for 1 min, run for 10 mins		Run for 20 mins, walk for 1, run for 10 mins		Run for 22 mins, walk for 1, run for 8 mins	



**TIP OF THE WEEK**

Eat well, drink lots of water and get plenty of sleep.

**WEEK 11 – ONE WEEK TO GO!**

<b>WEEK 11</b>	<b>TRAINING DAY 1</b>		<b>TRAINING DAY 2</b>		<b>TRAINING DAY 3</b>	<b>STRENGTH WORKOUT FOR WEEK 11:</b>  20 squats, repeat x2 15 forward lunges, repeat x2 5 backward lunges, repeat x2 25 sit ups, repeat x2 10 shoulder press with dumbbells or can of beans, repeat x2 30 second plank, repeat x2 15 bicep curl with dumbbells or can of beans, repeat x2 10 squat pulses, repeat x2
	Run for 25 mins, walk for 1, run for 5 mins		Run for 27 mins, walk for 1, run for 3 mins		Run for 30 mins	

**WEEK 12 – RACE WEEK!!**

<b>WEEK 12</b>	<b>TRAINING DAY 1</b>		<b>TRAINING DAY 2</b>	<b>RACE DAY!!</b>		
	Run for 30 mins		Run for 20 mins			