

# Get ready to run for South Africa

## Intermediate 3km road running training programme

Do you want to hit the road running during the Vitality Running World Cup? Challenge yourself with this intermediate road running programme that will help you get fitter and faster at 3km races.

**Remember to always consult your healthcare professional before starting any exercise programme.**

Don't forget to start and end with a 5-10 minute brisk walk to warm up or cool down before and after every workout session. After cooling down, take time to do some stretching.

### TRAINING GUIDELINES

	Mon	Tue	Wed	Thu	Fri	Sat	Sun
<b>WEEK 1</b>	5 x 3 min running and 2 min walking.	20 min strength training, cross training optional.	5 x 3 min running and 2 min walking.	Rest.	6 x 3 min running and 2 min walking.	20 min strength training, cross training optional.	3km running and walking (walk if necessary).
<b>WEEK 2</b>	5 x 4 min running and 2 min walking.	30 min strength training, cross training optional.	5 x 4 min running and 2 min walking.	Rest.	Start with 3 x 5 min running and 2 min walking, followed by 3 min running and 2 min walking.	30 min strength training, cross training optional.	3km running and walking (walk if necessary).
<b>WEEK 3</b>	Start with 3 x 5 min running and 2 min walking, followed by 3 min running and 2 min walking.	30 min strength training, cross training optional.	Start with 3 x 6 min running and 2 min walking, followed by 3 min running and 2 min walking.	Rest.	Start with 3 x 6 min running and 2 min walking, followed by 4 min running and 2 min walking.	30 min strength training, cross training optional.	3km running and walking (walk if necessary).

	Mon	Tue	Wed	Thu	Fri	Sat	Sun
<b>WEEK 4</b>	Start with 3 x 8 min running and 2 min walking followed by 3 min running and 2 min walking.	30 min strength training, cross training optional.	Start with 2 x 10 min running and 2 min walking followed by 3 min running and 2 min walking.	Rest.	Run 2,5km.	30 min strength training, cross training optional.	4km running and walking (walk if necessary).

	Mon	Tue	Wed	Thu	Fri	Sat	Sun
<b>WEEK 5</b>	2 x 15 min running and 2 min walking.	30 min strength training, cross training optional.	Start with 2 x 10 min running and 2 min walking followed by 3 min running and 2 min walking.	Rest.	Run 3km.	30 min strength training, cross training optional.	4km running and walking (walk if necessary).

- **Walk**  
Keep up a brisk pace when the programme requires you to walk.
- **Jog**  
Run at a slow, easy pace.
- **Run**  
Don't worry about your speed. You need to feel comfortable enough to conduct a slightly breathless conversation.
- **Easy**  
Comfortable pace, where conversation with your training partner is easy.
- **Strength training**  
Type of exercise that uses resistance training to induce muscular contraction which builds the strength of skeletal muscles. While it is not essential for you to finish the 5km distance, it has tremendous health and fitness benefits.
- **Cross training**  
Choose to combine exercises of other disciplines to supplement your running and build strength and flexibility in your muscles. It's not essential, but it makes your programme more balanced.
- **Rest**  
Resting is a vital part of any training programme, because it's when your muscles increase in strength.

Join the **Vitality Running World Cup** for free today.  
**Can we count you in?**