

## 5-MINUTE STRETCHES

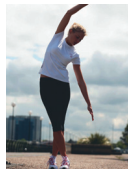
Doing stretches before you exercise isn't very effective as stretching works best when you are really warm, so save them for after you finish. Don't rush out of the house, start with five minutes limbering up shoulders, back, hips, knees and ankles or begin every exercise session with five minutes gentle walking.

We really recommend you do these 5 stretches after every training session. You need to do each of the 5 stretches on both sides. Hold each stretch for at least 20 seconds. The simple rule is if you cannot feel it you are not stretching, so take it just to the point of tension then hold.

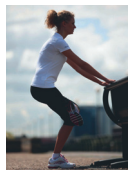
## 5 ESSENTIAL STRETCHES



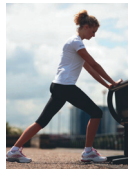
**QUADRICEPS** Stand up straight with your feet shoulder-width apart. Lift your right heel towards your bottom, taking care not to lock your left knee. To increase the stretch, gently push your right hip forward. Change legs & repeat.



**SIDE STRETCH** Start by crossing your right leg over to the left, lean to left and then stretch your right arm above. Change legs & repeat.



**GLUTES** Stand with your feet shoulder-width apart. Place your right ankle across your left leg, just above the knee. Using a table or chair for support, drop your bottom to create a right angle with your left leg. You should feel a stretch in your right buttock. Change legs & repeat.



**CALVES** Holding onto a support such as a chair or desk, stand with your feet a stride length apart. Your front knee should be bent and your back knee straight. Push your back heel into the floor to stretch your calf. To stretch your lower calf, bend your back knee towards the floor. Change legs & repeat.



**HAMSTRINGS** Stand with your feet parallel, about a foot apart. Keep your front leg straight and bend your back leg. Push your hips back & away from your front foot. You should feel a stretch in the hamstring of your straight leg. Change legs & repeat.

## MOTIVATION

Since it began in 1994 Race for Life has raised over £200 million for Cancer Research UK. The money is helping to change people's lives. Another good word for motivation is commitment – by entering Race for Life you have taken the first step, by getting friends and family involved in fundraising you will be more successful. Here's a plan for success:

**PICK AN EVENT** Knowing the date and place makes it real.

**TELL PEOPLE** They can join you, help you and importantly sponsor you.

**START TRAINING** The programmes are designed for the last 6 weeks leading up to the event, if you have more than 6 weeks to train do weeks 1-6 then repeat weeks 5 and 6 until the event day.

**WRITE IT DOWN** For some reason if you write things down you are more likely to achieve them. Make a note of when you are going to train – that way it is an appointment at a specific time.

**BE INSPIRED** The Race for Life website has many inspirational stories from women who have taken part in the Race for Life and in particular a section written by cancer survivors. If you read their stories you won't think twice about sitting down to watch TV, when you had planned to go training.

# WALK, RUN, WALK TRAINING PLAN

This is a fast way of improving your fitness. Basically every time you run you follow with some walking to recover. You can decide which days you train on. You just need to take 24 hours off between each training session. The programme starts 6 weeks before your Race for Life event. By filling in the progress chart you can see how well you are doing.

## TRAINING TIPS

Building in some "training" time into your daily life can have positive effects on your weight, blood pressure and cardiac health. Keeping a healthy weight and being physically active also reduce your risk of cancer.

**WHAT SHOULD I WEAR?** You have 3 areas to think about – feet, body & skin.

**FEET** wearing proper training shoes when you exercise is a great investment as they are designed for comfort, provide cushioning and above all help to prevent injuries.

**BODY** comfort is key. Most important is to ensure you are wearing clothing that is comfortable and allows you to move easily, and don't forget the value of a supportive bra.

Reebok has a range of apparel and award winning running shoes that have been developed in partnership with Cancer Research UK. For more information, visit a JJB store or CLICK HERE [http://www.jjbsports.com/race-for-life/dep\\_0013088.aspx](http://www.jjbsports.com/race-for-life/dep_0013088.aspx) to see the range.

REEBOK WILL DONATE 10% OF ITS RECOMMENDED RETAIL PRICE PER ITEM FROM THE SALE OF T-SHIRTS AND VESTS WITHIN THE REEBOK I 'LOVE' LIFE APPAREL RANGE AND FROM THE SALE OF THE PREMIER ROAD PLUS (179169) AND SWARA (709625) RUNNING SHOES.



**SKIN** In the UK we take national pride in moaning about the weather so it is important to take care not to burn in the summer sun. When you're out training between 11am and 3pm, protect your skin with clothes and a hat, and use factor 15+ sunscreen on areas it's not practical to cover.

**ALSO:**

**DRINK** Your Race for Life event may be on a hot day, so get used to drinking on the move in training by carrying a small bottle of water.

**SPEED** we are all different, so when you are training, or on the day you should only think about your own pace. A good way of judging your speed is a 'talk test'. If you can chat to somebody as you walk or run you have the pace pretty much spot on – at Reebok we call this RUN EASY.

## REMEMBER

Aim for 3 sessions a week, with 24 hours between each session.

### WEEK ONE

Session 1 Walk 1 min Run 2 min –

Do 5 x = 15 mins

Session 2 Walk 2 min Run 2 min –

Do 7 x = 28 mins

Session 3 Walk 2 min Run 2 min –

Do 5 x = 20 mins

WEEK TOTAL: 63 mins

### WEEK TWO

Session 1 Walk 1 min Run 2 min –

Do 8 x = 24 mins

Session 2 Walk 2 min Run 3 min –

Do 5 x = 25 mins

Session 3 Walk 2 min Run 3 min –

Do 5 x = 25 mins

WEEK TOTAL: 74 mins

### WEEK THREE

Session 1 Walk 1 min Run 2 min –

Do 11 x = 33 mins

Session 2 Walk 2 min Run 4 min –

Do 4 x = 24 mins

Session 3 Walk 2 min Run 5 min –

Do 4 x = 28 mins

WEEK TOTAL: 85 mins

## WEEK FOUR

Session 1 Walk 2 min Run 6 min –

Do 5 x = 40 mins

Session 2 Walk 3 min Run 10 min –

Do 3 x = 39 mins

Session 3 Walk 4 min Run 4 min –

Do 3 x = 24 mins

WEEK TOTAL: 103 mins

## WEEK FIVE

Session 1 Walk 1 min Run 7 min –

Do 3 x = 24 mins

Session 2 Walk 2 min Run 15 min –

Do 2 x = 34 mins

Session 3 Walk 1 min Run 7 min –

Do 3 x = 24 mins

WEEK TOTAL: 82 mins

## WEEK SIX

Session 1 Walk 1 min Run 3 min –

Do 5 x = 20 mins

Session 2 Walk 1 min Run 8 min –

Do 3 x = 27 mins

Session 3 Walk 1 min Run 3 min –

Do 5 x = 20 mins

WEEK TOTAL: 67 mins

## YOUR PROGRESS

Colour in each block to keep track of your progress.

