

5 WEEK TRAINING PLAN – 10K



WHY WE RUN IN THE DARK

As darkness sweeps around the globe from 9th – 16th November 2022, 25,000 people worldwide will get up from their armchairs, slip on their red flashing armbands and pull on their running shoes to complete a 5k or 10k.

Connecting runners both physically and virtually across 4 continents, this global movement will light up the night as people hit the road to help cure paralysis in our lifetime.



TRAINING TIPS

1. TIME NOT DISTANCE

Focus on time, rather than distance. As you get fitter and stronger, it'll take less time to run the same distance, allowing you to use the time saved to run further.

2. BUILD YOUR TRAINING

Focus on establishing a routine and working on your base level fitness to begin with. Then, you can start thinking about how to improve your performance.

3. OUT & BACK ROUTE

There are times when training can feel repetitive. Picking an out & back route gives you a destination to aim for - particularly if that destination is home!

4. ACTIVE RECOVERY

Use active recovery 1 day per wk to either rest, or do other activities you enjoy, like cycling or yoga, to add variety to your training routine.

5. SPEED & INTERVAL TRAINING

Adding just one faster paced session per week will pay dividends regardless of your level of fitness. Just remember not to push yourself beyond your limits to avoid injury.

6. IF YOU MISS A SESSION...

To avoid feeling stressed about training, try to find gaps in your schedule and fill them with exercise. If you miss a session, don't throw out the whole plan. Pick up from your last session.

**MON****TUES****WEDS****THURS****FRI****SAT****SUN****1**

20-25 mins
Pace:
Conversational

REST

20-25 mins
Pace:
Conversational

REST

20-25 mins
Pace:
Conversational

Rest or
cycle/
swim/
brisk walk

Out & Back:
out x 15mins
& back x 10mins
Walk to finish

2

20-25 mins
Pace:
Conversational

REST

20-25 mins
Pace:
Conversational

REST

5mins easy run
10-15 x
1min fast, 1min easy
5 mins cool down

Rest or
cycle/
swim/
brisk walk

Out & Back:
out x 20mins
& back x 15mins
Walk to finish

3

20-25 mins
Pace:
Conversational

REST

10mins easy run
5x5 min steady,
3min recovery
10 mins cool down

REST

20-25 mins
Pace:
Conversational

Rest or
cycle/
swim/
brisk walk

Out & Back:
out x 25mins &
back x 15mins
Walk to finish

**MON****TUES****WEDS****THURS****FRI****SAT****SUN****4**

20-30 mins
Pace:
Constant easy

REST

10mins easy run
6x5 min steady,
3min recovery
10 mins cool down

REST

20-25 mins
Pace:
Conversational

Rest or
cycle/
swim/
brisk walk

40-45 mins run
Hilly route
if possible
Pace: constant easy

5

20-30 mins
Pace:
Constant easy

REST

10 mins easy run
20 mins fast,
10 mins cool down
Pace: fast

REST

20-25 mins
Pace:
Conversational

35-40 mins
run

Rest or
cycle/
swim/
brisk walk

**RUN
WEEK**

15-20 mins
Pace:
Conversational

REST**RACE DAY**

Follow us and share your training journey!



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