

5 WEEK TRAINING PLAN – 5K INTERMEDIATE



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. STAYING MOTIVATED

It's not surprising that doing the same thing over & over can feel monotonous. Changing up your route, or reversing your route, can add variety to your training.

4. FARTLEK

Adding 1 faster paced session per week pays dividends. Fartlek is easy running with shorter, faster elements. Do as much as you feel able for.

5. WARM UP / COOL DOWN

Each training session starts with a brisk walk to warm up, and walking to finish up. This will help you prepare for your best effort and recover at the end of your workout.

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**

20-30min
PACE: Easy

REST

20min tempo
-10min pace
PACE: Easy

25-35min
PACE: Easy

REST

Parkrun
or 5k TT*

20-30min
PACE: Easy

2**REST**

20-30min
PACE: Easy

5 min easy
3k@5k pace
from TT*
10min cool down

20min tempo
-10min pace
PACE: Easy

REST

5 min easy
3x800m - 4min
recovery between
reps
10 min cool down

10 min easy
20-30min
Fartlek**
10 min easy

3**REST**

20-30min
PACE: Easy

10 min easy
3k@5k pace
from TT
10min cool down

25-35min
PACE: Easy

REST

10 min easy
4x800m - 3min
recovery between
reps
10 min cool down

40-50min
PACE: Easy

*TT=Time Trial. Run hard to get an idea of fitness/ability.
Time your pace per k

**Fartlek=5min easy, 1min fast, 1min easy

**MON****TUES****WEDS****THURS****FRI****SAT****SUN****4****REST**20-30min
PACE: Easy5 min easy
4k@5k pace
from TT*
10 min cool down25-35min
PACE: Easy**REST**5 min easy
5x800/ 4 min
recovery between
reps 10 min cool
down10 min easy
20-30min
Fartlek**
10 min easy**5****REST**20-30min
PACE: Easy5 min easy
3x1k at race pace
4 min recovery
between reps
10 min cool down25-35min
PACE: Easy**REST**10 min easy
6x2min at planned
race pace
1 min recovery
10 min cool down20-30min
easy with
6x1min at
race pace**RUN
WEEK**15-20min
PACE: Easy**REST****RUN DAY**5-10 min easy
warm up jog
Finish 10 mins
before Run startsREST or
15-20 min
easy**REST**25-35 min
PACE: easy

Follow us and share your training journey!

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