

5 WEEK TRAINING PLAN – 5K BEGINNER



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**

5min brisk walk
50sec run/70sec
walk x 20 mins
5 min walk

REST

5min brisk walk
1 min jog/1:30min
walk x 6
5-10 min walk

5min brisk walk
1min jog/1min
walk x 6
5-10 min walk

REST

5min brisk walk
80sec run/90sec
walk x 20 mins
5-10 min walk

REST**2**

5min brisk walk
90sec run/90sec
walk x 20 mins
5 min walk

REST

5min brisk walk
1min jog/1:30min
walk x 8
5-10 min walk

5min brisk walk
1min jog/1min
walk x 8
5-10 min walk

REST

5min brisk walk
3 mins jog/1min
walk x 3
5-10 min walk

REST**3**

5min brisk walk
4min run/1:30sec
walk x 20 mins
5-10 min walk

REST

5min brisk walk
1min jog/1min
walk x 10
5-10 min walk

5min brisk walk
5min jog/1min
walk x 4
5-10 min walk

REST

5min brisk walk
10min run/5min
walk/10min run
5 min walk

**REST or
repeat
Thurs
session**

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

5min brisk walk
12min run/5min
walk/12min run
5 min walk

REST

5min brisk walk
13min run/5min
walk/13min run
5 min walk

5min brisk walk
15min run/3min
walk/10min run
5 min walk

REST

5min brisk walk
20min run/5min
walk/8min run
5-10 min walk

REST or
5 min walk
5 min jog/1min
walk x 3
5-10 min walk

5

5min brisk walk
20min run/3min
walk/10min run
5 min walk

REST

5min brisk walk
25min run
5 min walk

5min brisk walk
25min run
5 min walk

REST

5min brisk walk
30min run
5 min walk

REST or
5min walk
5min jog/1min
walk x 3
5 min walk

**RUN
WEEK**

5min brisk walk
15min run/3min
walk/10min run
5-10 min walk

REST**RUN DAY**

5-10 min easy
warm up jog
Finish 10 mins
before Run starts

REST or
cycle/brisk
walk/swim

Follow us and share your training journey!

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