

# 8 WEEK TRAINING PLAN – 5K



## MEET OUR RUNNING COACH

John O'Regan is our expert **Run in the Dark** coach. He has competed in more than 50 marathons, including some of the most extreme marathons and ultra marathons in the world. Back in 2003, Mark Pollock turned to John for advice for the Gobi March, and they went on to become teammates for the North Pole Marathon 2004, the Dead Sea Ultra 2007 and the Everest Marathon 2007.

John now runs competitively and has represented Ireland in trail, 100k and 24-hr races. In 2017, John ran a marathon on each of the 7 continents in 7 days.

He's a running coach and also competes in shorter races including 5k & 10ks, with a 5k Personal Best of 17:20 and a 10k Personal Best of 35:09.



## 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. ACTIVE RECOVERY

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

### 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**

5mins brisk walk  
60sec run/90sec  
walk x 20 mins  
Walk to finish

**REST**

5mins brisk walk  
60sec run/90sec  
walk x 20 mins  
Walk to finish

**REST**

Rest or  
cycle/  
swim/  
brisk walk

5 mins brisk walk  
60sec run/90sec  
walk x 20 mins  
Walk to finish

Rest or  
cycle/  
swim/  
brisk walk

**2**

5mins brisk walk  
90sec run/90sec  
walk x 20 mins  
Walk to finish

**REST**

5mins brisk walk  
90sec run/90sec  
walk x 20 mins  
Walk to finish

**REST**

Rest or  
cycle/  
swim/  
brisk walk

5mins brisk walk  
90sec run/90sec  
walk x 20 mins  
Walk to finish

Rest or  
cycle/  
swim/  
brisk walk

**3**

5mins brisk walk  
90sec run/60sec  
walk x 20 mins  
Walk to finish

**REST**

5mins brisk walk  
90sec run/60sec  
walk x 20 mins  
Walk to finish

**REST**

Rest or  
cycle/  
swim/  
brisk walk

5mins brisk walk  
90sec run/60sec  
walk x 20 mins  
Walk to finish

Rest or  
cycle/  
swim/  
brisk walk

**4**

5mins brisk walk  
2min run/60sec  
walk x 20 mins  
Walk to finish

**REST**

5mins brisk walk  
2min run/60sec  
walk x 20 mins  
Walk to finish

**REST**

Rest or  
cycle/  
swim/  
brisk walk

5mins brisk walk  
2min run/60sec  
walk x 20 mins  
Walk to finish

Rest or  
cycle/  
swim/  
brisk walk



**MON****TUES****WEDS****THURS****FRI****SAT****SUN****5**

5mins brisk walk  
5min run/60sec  
walk x 20 mins  
Walk to finish

**REST**

5mins brisk walk  
10min run/60sec  
walk/10mins run  
Walk to finish

**REST**

Rest or  
cycle/  
swim/  
brisk walk

5mins brisk walk  
10min run/60sec  
walk/10min run  
Walk to finish

Rest or  
cycle/  
swim/  
brisk walk

**6**

5mins brisk walk  
15min run/5min  
walk/10min run  
Walk to finish

**REST**

5mins brisk walk  
15min run/5min  
walk/10min run  
Walk to finish

**REST**

Rest or  
cycle/  
swim/  
brisk walk

5mins brisk walk  
15min run/5min  
walk/15min run  
Walk to finish

5mins brisk walk  
10min run/  
60sec walk/10min  
run. Walk to finish

**7**

5mins brisk walk  
20min run/5min  
walk /10min run  
Walk to finish

**REST**

5mins brisk walk  
15min run/3min  
walk/15min run  
Walk to finish

**REST**

Rest or  
cycle/  
swim/  
brisk walk

5mins brisk walk  
20min run/3min  
walk /10min run  
Walk to finish

5mins brisk walk  
10min run/  
60sec walk/10min  
run. Walk to finish

**8**

5mins brisk walk  
25 min run  
Walk to finish

**REST**

5mins brisk walk  
25 min run  
Walk to finish

**REST**

Rest or  
cycle/  
swim/  
brisk walk

5mins brisk walk  
30 min run  
Walk to finish

Rest or  
cycle/  
swim/  
brisk walk

**RUN  
WEEK**

5mins brisk walk  
15min run/35min  
walk /10min run  
Walk to finish

**REST****RACE DAY**

Follow us and share your training journey!



@runinthedarkofficial



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@theruninthedark