



# 5 WEEK WHEELCHAIR ATHLETE TRAINING PLAN - 5K

## Why we Run in the Dark

As darkness sweeps around the globe in mid-November, 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.

Running separately while connecting socially across 7 continents, this global movement will light up the night as people hit the road to Run in the Dark for the Mark Pollock Trust and to donate or fundraise for Collaborative Cures, whose mission is to bring people together to 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 push the same distance, allowing you to use the time saved to push 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. REST DAYS

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

### 5. WARM UP / COOL DOWN

Each training session starts with a brisk gentle recovery push to warm up, and gentle recovery pushing 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 warmup RGP\*  
20 min interval 50sec  
80% EP\*\* /70sec  
RGP\*  
5 min cool down RGP\*

**REST**

5min brisk RGP  
1 min 60% EP  
/1:30min RGPx 6  
5-10 min RGP

5min brisk RGP  
1min 60% EP  
/1min RGPx 6  
5-10 min RGP

**REST**

5min warmup RGP 20  
min interval  
80sec 80% EP /90sec  
RGP  
5-10 min RGP

**REST****2**

5min warmup RGP  
20 min interval 90sec  
80% EP / 90sec RGP  
5 min RGP

**REST**

5min brisk RGP  
1min 60% EP  
/1:30min RGP x 8  
5-10 min RGP

5min brisk RGP  
1min 60% EP /  
1min RGP x 8  
5-10 min RGP

**REST**

5min warmup RGP  
3 mins 60% EP /  
1min RGP x 3  
5-10 min RGP

**REST****3**

5min warmup RGP  
20 min interval  
4min 80% EP/  
1:30sec RGP  
5-10 min RGP

**REST**

5min brisk RGP  
1min 60% EP /  
1min RGP x 10  
5-10 min RGP

5min brisk RGP  
5min 60% EP /  
1min RGP x 4  
5-10 min RGP

**REST**

5min brisk RGP  
10min 80% EP / 5min  
RGP/10min run  
5 min RGP

**REST or  
repeat  
Thurs  
session**

\*RGP=Recovery Gentle Push

\*\*% EP=percentage Effort Push



**Mon****Tues****Weds****Thurs****Fri****Sat****Sun****4**

5min brisk RGP  
12min 80% EP /  
5min RGP/12min run  
5 min RGP

**REST**

5min brisk RGP  
13min 80% EP / 5min  
RGP/13min 80% EP  
5 min RGP

5min brisk RGP  
15min 80% EP / 3min  
RGP/10min 80% EP  
5 min RGP

**REST**

5min brisk RGP  
20min 80% EP/ 5min  
RGP/8min 80% EP  
5-10 min RGP

REST or  
5 min RGP  
5 min 60%  
EP/1min RGP x 3  
5-10 min RGP

**5**

5min brisk RGP  
20min 80% EP/  
3min RGP/10min  
run 5 min RGP

**REST**

5min brisk RGP  
25min 80% EP  
5 min RGP

5min brisk RGP  
25min 80% EP  
5 min RGP

**REST**

5min brisk RGP  
30min 80% EP  
5 min RGP

REST or  
5min RGP 5min  
60% EP/ 1min  
RGP x 3  
5 min RGP

**EVENT DAY**

5-10 min easy  
warm up 60% EP  
Finish 10 mins  
before Event starts

REST or brisk  
RGP/other  
activity

**RUN  
WEEK**

5min brisk RGP  
15min 80% EP/  
3min RGP/10min  
80% EP  
5-10 min RGP

**REST**

\*RGP=Recovery Gentle Push

\*\*% EP=percentage Effort Push

Follow us and share your training journey!

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