

**DERBY  
10K<sup>2023</sup>  
HUB**

# **TRAINING PLAN**



# WELCOME

## Part 2 of our training plan for the Derby 10K 2022.

This second part is designed to be a continuation of the plan for those that started with the Couch to 5k programme back in October, or a plans that those already regularly running 5k continuously can jump into.

If you have only just reached the point where you are running 5k continuously, the main priority in the coming weeks is building up the duration of continuous running where you can maintain a comfortable level of effort. If you concentrate on this, it is likely that

your pace will gradually increase for the same level of effort.

The more intense speed and hill sessions will help achieve peak fitness for race day, but should be considered the 'icing on the cake', as you'll only really get good benefit from these if you've got the base fitness to run continuously for 45 - 60 mins.



# WEEK 11

Welcome to the second part of the plan. The next 14 weeks will take you from running 5K all the way to race day!

Those that have been with us since the start of part 1 may have noticed that, if you include the time walking to warm up, cool down and between running segments, the total distance you cover during the longest session of the week is not that far off 10km (6 miles) already. This should give you confidence that you will be able to complete the distance on race day. So, the task for the next 14 weeks is really about helping you to achieve your personal goal for the race; be that simply running continuously or going for a specific time.

That said, for the next few weeks we are not really too concerned with distances. As we explained right back in week 1 the fitness benefit comes from the time you spend exercising not the distance.



## WEEK 11 RECOMMENDED TRAINING SESSIONS

SESSION	WARM-UP	MAIN SESSION	COOL DOWN	TOTAL TIME
1	5 minutes brisk walking	Run 5 mins at very easy pace, walk 2 mins Run 20 mins, walk 2 mins Run 5 mins <b>Total running time = 30 mins</b>	5 minutes walking, gradually reducing pace	44 MINS
2	5 minutes brisk walking	Run 5 mins at very easy pace, walk 2 mins Run 20 mins, walk 2 mins Run 5 mins <b>Total running time = 30 mins</b>	5 minutes walking, gradually reducing pace	44 MINS
3	5 minutes brisk walking	Run 5 mins, walk 2 mins Run 35 mins, walk 5 mins Run 10 mins <b>Total running time = 50 mins</b>	10 minutes walking, gradually reducing pace	77 MINS

# WEEK 12

**In the weeks ahead the volume of training will continue to increase, and we will also start to introduce some more intensive workouts to help improve your speed and running efficiency.**

There should now be less need to take walking breaks within most of the sessions, provided you pace yourself well, don't start too fast, and your route is not too hilly. Just start conservatively, keep your heart rate relatively low and remember that the training benefit is still coming from the time you're moving, not the speed.

Within one session, we recommend that you include some 'fartlek' efforts. This is a Swedish term which translates as 'speed-play' and basically means including some periods of running at different paces within your run. By definition it is unstructured and should allow you to play with speed, e.g. by running fast to the next lamp post, tree or other landmark, before slowing back to an easy pace. However, for the moment, we recommend that you keep the faster spurts short (e.g. 10-15 seconds) and allow at least 2-3 minutes of easy jogging to recover before the next one. The objective of this is to start getting your body accustomed to using the wider range of motion needed for faster running, without creating excessive fatigue.

With this increase in workload, the need for a thorough warm-up and cool-down becomes ever more important, to ensure you get the most training benefit from the sessions and minimise the risk of injury. Many runners skip on the warm-up and cool-down

because they feel they don't have time, are sceptical about the benefit or (if they are honest with themselves) have become desensitised to the risk of injury. Even if they've had an injury in the past, it's surprising how quick they forget the pain and the discipline needed to prevent another one. Although a bit extreme, one way to look at it is to compare it with smoking. Just as one cigarette is highly unlikely to cause serious health damage, not warming up once is unlikely to lead to injury. However, the more it becomes a habit the greater the likelihood of negative consequence.

We recommend that you think of the warm-up and cool-down as integral parts of each training session; activities that you will get as much benefit from in the long term as the running itself. So, allow enough time for this or, if you're pushed, reduce the amount of running in the session.

As we will demonstrate at our organised training runs, a good warm up routine in particular can have multiple benefits. As well as gradually bringing your heart rate up, increasing the blood flow to your muscles and getting your joints moving, it can also be used as an opportunity to (i) strengthen key muscles and (ii) practice drills that will improve your running form and, therefore, efficiency.

We suggest that you always spend at least 10 minutes on both warm-up and cool-down.

**If you've got the fitness to regularly run 5k non-stop, the warm-up should include:**

- Some brisk walking and/or very gentle jogging
- Some dynamic stretches, such as rotating your arms, drawing a circle with your hips, standing on one leg while swinging the other through, side steps and marching on the spot bringing your knees up high
- Some strength exercises such as squats and lunges
- Some running drills such as high knees and butt-kicks ([youtube.com/watch?v=uEQvYdVq3Fo](https://www.youtube.com/watch?v=uEQvYdVq3Fo) and [youtube.com/watch?v=Wo08ZlIFWpQ](https://www.youtube.com/watch?v=Wo08ZlIFWpQ))

# WEEK 12



For the cool-down you should jog gently after the end of the main running session, gradually bringing down the intensity to a walk, followed by some static stretching. We will also demonstrate good stretching technique at our organised training runs. This link from week 2 of the plan, may also help: <http://www.nhs.uk/Livewell/c25k/Pages/how-to-stretch-after-a-run.aspx>

Anyway..... what about this weeks running you're probably asking? Well here it is!

From this week on, we're introducing a fourth running session. This is optional and should only be done if you feel you're coping well with the training and, more importantly, feeling well recovered before the next session.

If you're not able to do this session, don't worry, it won't mean that you'll not have the fitness to complete the race. Those that are able to do it will just have a slightly better level of fitness than they may otherwise have had, which may help improve their time.

Alternatively, doing another kind of aerobic exercise, such as cycling, swimming or an exercise class will give similar benefits.

## WEEK 12 RECOMMENDED TRAINING SESSIONS

SESSION	WARM-UP	MAIN SESSION	COOL DOWN	TOTAL TIME
1	As recommended above	Run 40 mins	As recommended above	60 MINS
2	As recommended above	Run 40 mins including 20 mins of 'fartlek' within the middle part of the session	As recommended above	60 MINS
3	As recommended above	Run 25 mins very easy	As recommended above	45 MINS
4	As recommended above	Run 50 mins	As recommended above	70 MINS

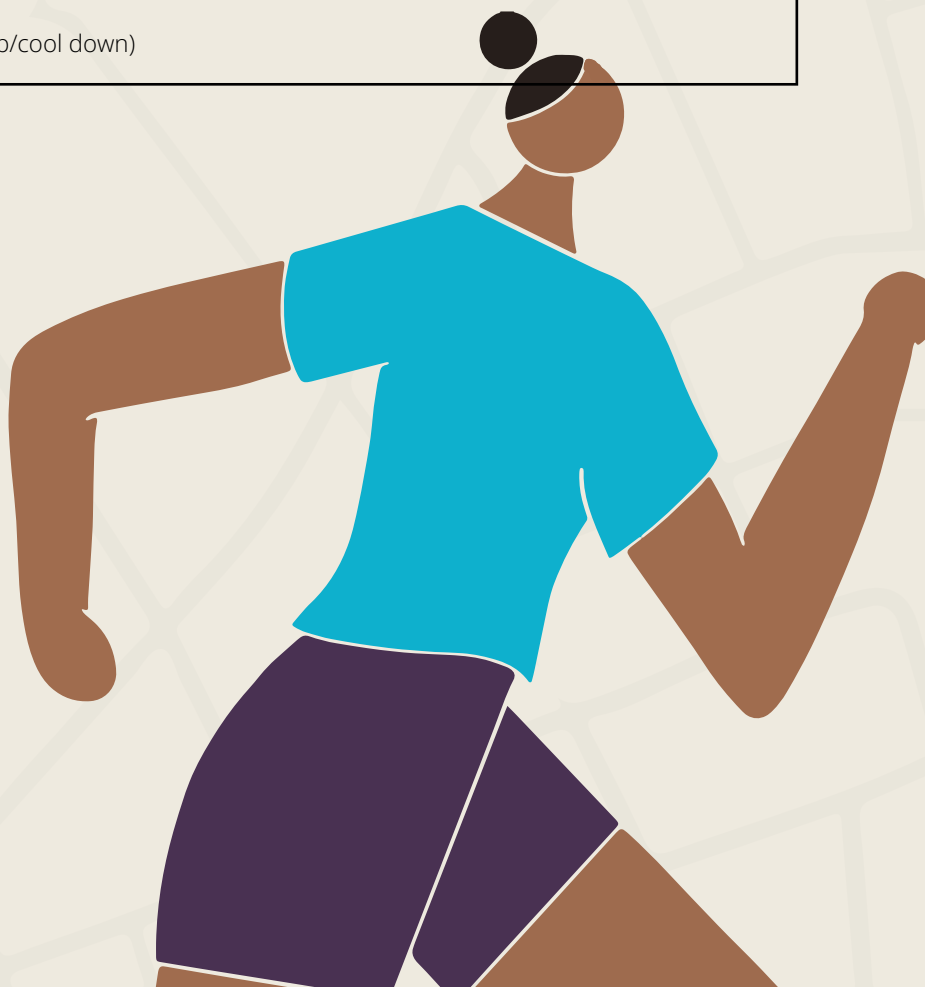
# WEEK 13

Okay folks, after last week's lecture on the importance of a good warm up and cool down routine, we know you don't really want us to keep harping on about it. So we won't – for now anyway. We're going to trust you to do it, because we know that you know it makes sense and will help you in the long run... literally. The recommended sessions will therefore just have details of the main running segment, and you can add on your warm-up/cooldown routine.

Again this week, there are 4 running sessions plus the 10k Tone Up Session if you're able to make it. Session 4 is optional and should only be done if you are recovering well between sessions. Also, it could be replaced by another type of aerobic exercise.

## WEEK 13 RECOMMENDED TRAINING SESSIONS

SESSION	MAIN SESSION
1	Run 40 mins (excluding warm up/cool down)
2	Run 40 mins (excluding warm up/cool down) including 20 mins of 'fartlek' within the middle part of the session
3	Run 30 mins at very easy (recovery) pace
4	Run 60 mins (excluding warm up/cool down)





# WEEK 14

Since Christmas we've been piling on the workload, increasing the overall amount of running and the length of continuous running. Therefore, as per the strategy we've been using throughout the training planning, you're due an easier week to aid recovery and ensure you're strong for the weeks ahead.

So, this week we're dropping down the number of sessions, and reducing the duration of them slightly.

We have included a 'fartlek' element within session 2 again though, as it's important to get used to practicing running at different paces and using a wider range of motion.

Remember though, although the sessions don't list the warm up and cool down routines, we hope you're being diligent with them.

## WEEK 14 RECOMMENDED TRAINING SESSIONS

SESSION	MAIN SESSION
1	Run 35 mins (excluding warm up/cool down)
2	Run 30 mins including 15 mins of 'fartlek' within the middle part of the session
3	Run 40 mins (excluding warm up/cool down)



# WEEK 15



After the 'recovery' week last week, we're now going to increase the volume slightly. The increase is about 10% of the overall volume each week, compared to the week before the recovery week. Increasing by around 10% is generally considered to be good practice, as it progressively increases the workload, without compromising the body's ability to recover.

The format of the runs is largely the same as recent weeks, and includes one 'fartlek' session within Session 3.

However, this week we are keen that you make one of the sessions a 'recovery' run, ideally the second one of two consecutive days of running. So, if you include the fartlek run on Thursday, then the recovery run would be on Friday.

The idea of the recovery run is to get you to practice running at a different and even slower pace than your regular runs, which themselves should still be kept at a comfortable pace at the moment. Assuming that you are now regularly running continuously for more than

30 minutes multiple times per week, this will help your body recover, while at the same time adding to the overall volume of exercise you're doing. The concept is similar to the use of walking breaks earlier in the programme.

The need for this kind of run will become more important once we get into the 'peak training' phase in the weeks to come, so it's worth starting to practice now.

The other noteworthy thing about this week's plan is that the target for the longer run is to achieve 1 hour of continuous running, which is a great milestone to hit. As always, it's important that you warm up well before the run, and pace yourself well; aiming for a consistent effort throughout.

## WEEK 15 RECOMMENDED TRAINING SESSIONS

SESSION	MAIN SESSION
1	Run 40 mins
2	Run 40 mins including 20 mins of 'fartlek' within the middle part of the session
3	Run 30 mins at very easy (recovery) pace
4	Run 60 mins





# WEEK 16

Congratulations if you were able to reach the big milestone of running continuously for 1 hour last week. But, if you're still working towards it, don't worry. As we've said before, everybody's fitness develops at a different rate, and there is plenty of time yet before the race.

For this last week of the 'base fitness' phase, the volume of running is increasing again by about 10%, by adding a bit of time to 2 of the sessions, as shown below.

Next week we'll enter the 'peak training' phase, which means we'll start to introduce you to some different types of sessions that will help you run to the best of your own potential on race day.

However, the number of these sessions you should do, and how hard you work within them, should be something that's personal to you. We'll explain more next week.



## WEEK 16 RECOMMENDED TRAINING SESSIONS

SESSION	MAIN SESSION
1	Run 45 mins
2	Run 50 mins including 20 mins of 'fartlek' within the middle part of the session
3	Run 30 mins at very easy (recovery) pace
4	Run 60 mins

# WEEK 17

**So, here we are at the start of the 'peak fitness' phase where, as we mentioned last week, we'll start introducing some new sessions to make you faster and stronger come race day. We suggest that you only tackle these sessions, if you've managed to reach the 60 minutes of continuous running milestone. If you're not quite there, you should keep plugging away at it before moving on to these new sessions.**

The first new format we're going to introduce is a hill session. For this you need (funnily enough) a hill. It doesn't need to be a mountain, just a hill that is between 50 and 100 metres long, and has a moderate gradient. (Or if you run on a treadmill in the gym you can use a gradient of 3 or 4%).

Ideally the actual hill session should be in the middle part of a longer run, e.g. 15 mins easy running, 15 mins of hill repeats and 15 mins of easy running again to finish off the session (and then your cool down, obviously). This will ensure you're completely warmed up before tackling the hill and help to aid the recovery process afterwards.

The main objective of the hill session is to build strength in your legs rather than being a really intense cardiovascular workout, that has you gasping for breath before you've hardly started. Do not make the mistake of attacking the hill to try and get up it as quickly as possible; that is defeating the object. Taking it nice and steady will mean you have a better chance of completing the session and getting the most benefit from it.

So, when you get to your hill, run up it as slowly as you need to, but concentrating on good running form. When you get to the top, or the point that you are struggling to maintain a run (that doesn't matter by the way), turn and walk slowly back to the bottom. Take your time, let your muscles recover and heart rate settle back down. When back at the bottom, turn and, when you feel ready, repeat. Continue repeating the hill for a maximum of 15 minutes, or until you are starting to struggle. And, remember to save enough energy for the run back home.

In addition to the hill session, there is an opportunity to practice running a 'negative split' during the longer run.



**In addition to the hill session, there is an opportunity to practice running a 'negative split' during the longer run.**

Running a 'negative split' basically means running the second half of a run slightly faster than the first half. "What's the point in that", you may be thinking. Well, there are both physiologically and psychologically benefits.

Starting off too quickly during a long distance run can cause your heart rate to go too high too soon.

As well as putting you into 'oxygen debt' (causing you to be breathless and experiencing muscle burn from excess lactate), this will tell your body to burn energy stores very quickly to try and keep up. The result of this is likely to be a painful experience, that will lead to you running slower than you're capable of in the latter part of the run.

However, starting off at an easier pace that you're capable of, will help your heart rate to increase gradually. As well as avoiding 'oxygen debt', your body's draw on its energy stores will be much smoother and longer lasting. It's therefore likely that you'll feel good and be able to run strong in the latter stages of the run.

Having the confidence that you can run strong, and push the pace, towards the end of your long run, can give a massive psychological boost as well as improving your physical fitness. It's therefore well worth practicing during training.

To run a 'negative split' we recommend that you use a route that is out and back or has loops of equal distance. Simply run the first half at a pace that is slightly easier than you are capable of. And then gradually increase the pace during the second half, saving your fastest running for the last few minutes. Always remember to cool down well afterwards though.

## WEEK 17 RECOMMENDED TRAINING SESSIONS

SESSION	MAIN SESSION
1	Run 45 mins
2	Run 45 mins including 20 mins of hill reps within the middle part of the session
3	Run 30 mins at very easy (recovery) pace
4	Run 60 mins 'negative split'





# WEEK 18

This week you are due a slightly easier week, so the amount of running is reduced. As we've done previously in the plan, this is good practice to allow your body some recovery time to become stronger before pushing on to the next phase.

This is especially important at this point, as there are only a few weeks left to maximise your fitness and prepare for the race, prior to tapering down ready for race day itself.

## WEEK 18 RECOMMENDED TRAINING SESSIONS

SESSION	MAIN SESSION
1	Run 35 mins
2	Run 45 mins including 10 mins of hill reps (as per Week 17) within the middle part of the session
3	Run 30 mins at very easy (recovery) pace
4	Run 50 mins very easy

# WEEK 19

The week's plan includes another hill session to help you continue to build strength and power.

Although these can be hard work, we hope you are starting to feel the benefit.

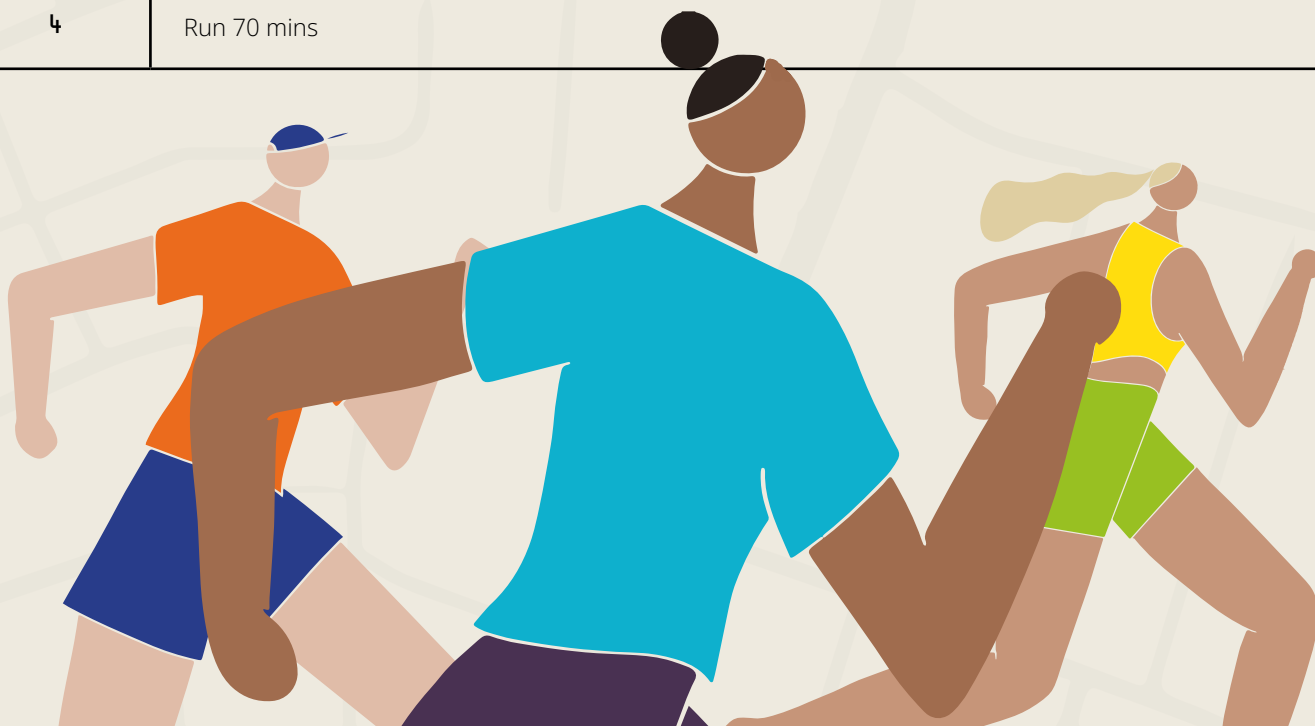
The format for this week's hill session is a bit different to the past couple of weeks, as we are going to use a format sometimes known as 'Kenyan Hills'.

Again you need a hill of moderate gradient between 50 and 100 metres in length. But this time the objective is to run continuously up and back down the



## WEEK 19 RECOMMENDED TRAINING SESSIONS

SESSION	MAIN SESSION
1	Run 45 mins
2	Run 50 mins including 3 x 6 mins of 'Kenyan' hill reps within the middle part of the session
3	Run 30 mins at very easy (recovery) pace
4	Run 70 mins





# WEEK 20

The volume of running ramps up again this week and we are including an 'interval' session for the first time, focused on improving speed endurance.

If you have been following the plan all the way through, you will have done a lot of running at an easy/moderate level of intensity, which will have led to adaptations within your muscles. You will have a greater density of capillaries and more mitochondria, which are the structures in the cells that help release energy from fuel (food). Plus, your heart (which is also a muscle) will be bigger and stronger too. You will basically have built yourself a bigger and more fuel efficient engine, that can pump more oxygen around your body.

Also, if you have been doing strengthening exercises (such as those we recommended back in Weeks 4 & 5) and, more recently, the hill sessions within the plan, the relevant muscles, ligaments and tendons will have become more robust.

So, having invested in a bigger engine and more robust bodywork, this last few weeks of the plan is the time to fine tune your system, and put the icing on the cake of your training, by including some focused speed orientated sessions. However, as we have said before, only push on with more intense sessions if your training is going well and you don't have any injuries or niggles.

The objective of interval sessions, like the one we've included this week, is to help your body be more efficient at dealing with the build-up of blood lactate (lactic acid), which happens when your body is working at high intensity, and flushing out the waste products (hydrogen ions).

The idea is to run at an up tempo (not flat out sprint) pace for a few minutes, repeated a number of times, with a recovery 'interval' between each where you run/jog at an easy pace. The benefit is gained during the



'intervals' between each effort as you, in effect, do a mini 'cool down' run.

Carefully judging your pace during the efforts is a really important aspect. You should be aiming to run at a pace that is equivalent to your target pace for race day, or slightly faster; NOT as fast as you can. The aim should be to run all the efforts at the same pace, and finish feeling stretched but not completely exhausted. A very common mistake is to go too hard in the first couple of efforts, and then struggle to finish the session.

Interval sessions are an effective way of improving your cruising/racing speed. However, they are quite stressful on the body so should be used sparingly unless you are an experienced runner and is in good health. Also, due to this extra stress on the body, it will take longer to recover than a normal easy/moderate pace run. So give yourself enough time before running again.

Always make sure you are thoroughly warmed up before starting the interval session by running/jogging for at least 10-15 minutes at an easy pace beforehand. And allow plenty of time for a thorough cool down afterwards.

With race day now getting quite close, this next couple of weeks is also a good time to test out any kit that you intend to wear or use on race day, particularly during the longer run. Don't wait until race day to find out that something doesn't fit well or creates a blister after 10 minutes.



# WEEK 21

This week follows a similar pattern to last. There is a slight increase in total volume which makes it the 'peak' week of the plan in terms of the overall amount of running. So if you've been with us all the way through, give yourself a big pat on the back at the end of the week – as the majority of the hard work is now done!

The interval session is similar to last week, but with one additional 'effort'. See last week's plan for guidance on how it should be run. Also, think about how last week's session went beforehand and take any lessons learnt into account when doing the intervals this week.

Did you go too hard in the first effort and struggle later? Were you too conservative and got to the last effort without really feeling that you stretched yourself? Any little refinements you can make will

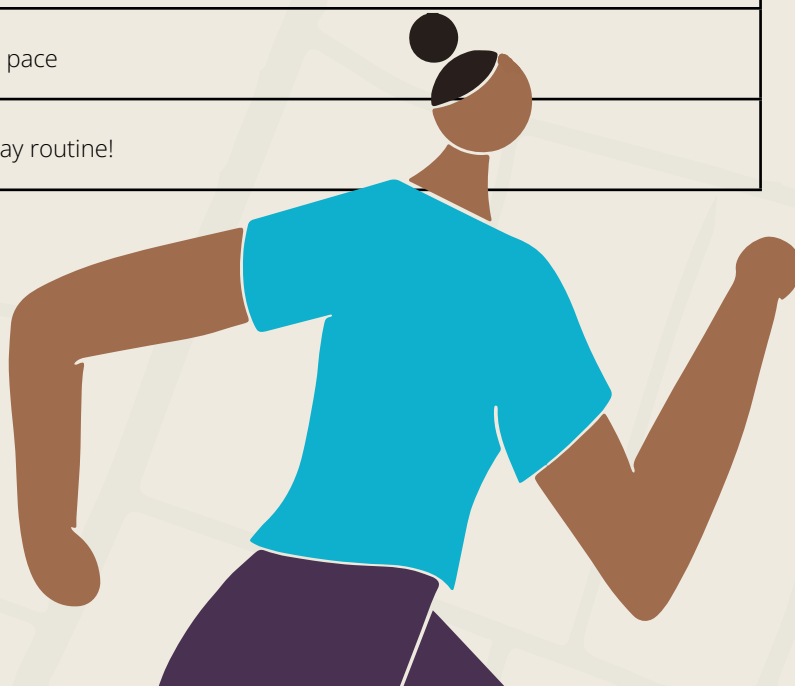
help you get the maximum fitness benefit out of the workout. But remember, you don't want to be completely spent at the end and sore for the next few days – that will be counterproductive.

As we mentioned last week, testing out any kit before race day is a sensible thing to do. We also recommend rehearsing as much of your race day routine as you can beforehand too, to reduce the risk of any issues on race day.

This includes what you eat and drink the day before and on the morning of the race, having your kit ready the night before, planning the journey to the venue, parking etc. This is an ideal week for doing that, while you still have a couple more weeks to make changes if you need to.

## WEEK 21 RECOMMENDED TRAINING SESSIONS

SESSION	MAIN SESSION
1	Run 45 mins
2	Run 60 mins including 6 x 3 mins at target race pace in the middle part of the session, with 2 min jogging recovery intervals between each
3	Run 30 mins at very easy (recovery) pace
4	Run 75 mins – rehearse that race day routine!



# WEEK 22

**If you're on plan, you've now done enough training to enable you to successfully complete the race.**

So you deserve a big 'WELL DONE' for that!

The next couple of weeks is mainly about putting the icing on the cake, and getting yourself in peak shape to run a great time. It's also a time where you have to be careful not to sabotage your race by trying to cram in lot of extra miles or pushing yourself too hard. While it's good to stretch yourself in the harder sessions, remember that the main priority is to stay healthy and injury free. As many experienced runners have found, it's better to be on the start line healthy and slightly under trained than over trained and unhealthy.

So, what do we have in store in this week's plan?

Basically, there are 2 harder sessions, and 2 easier sessions where it's important to keep the intensity low (i.e. be capable of holding a conversation without

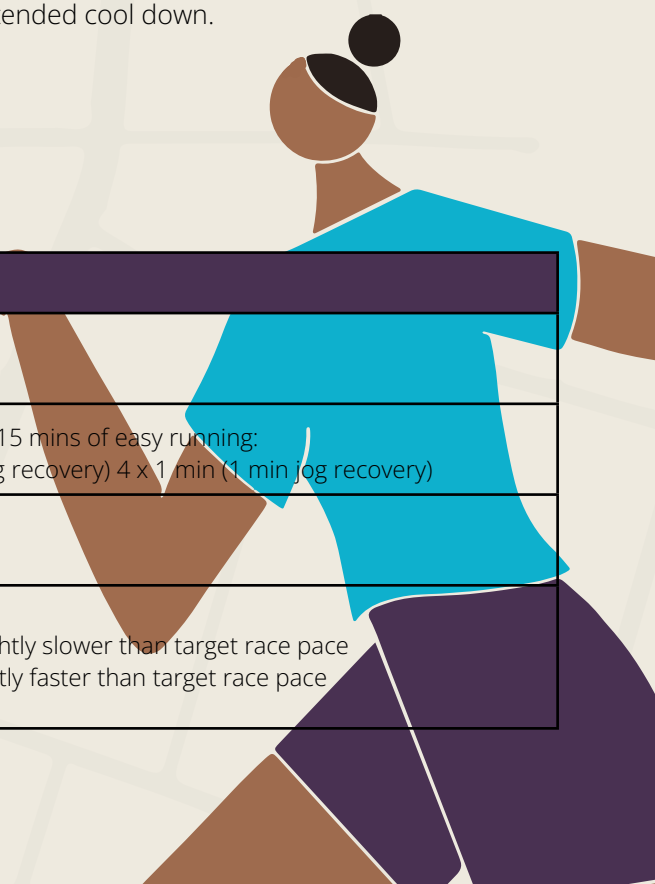
gasping for breath). And we recommend that you alternate the hard and easy sessions.

The first of the harder session involves running intervals again. However, the format is slightly different to previous weeks, in that the 'efforts' reduce in length. The idea of this is that you should aim to run progressively faster as the durations reduce. This will help improve your uptake of oxygen – to fine tune that big engine you've built over the course of the plan. It's also an opportunity to focus on good running form and efficiency, driving your elbows back and knees forward.

The second of the harder sessions is a longer run, which follows a similar concept but does not have recovery intervals. The aim of this 'progressive run' is to gradually increase the pace throughout the run, stepping it up a little every 10 mins, before reverting back to an easy recovery pace for the last 10 minutes as an extended cool down.

## WEEK 22 RECOMMENDED TRAINING SESSIONS

SESSION	MAIN SESSION
1	Run 50 mins
2	Run 50 mins with the following intervals starting after 15 mins of easy running: 2 x 3 mins (2 mins jog recovery) 3 x 2 mins (90 secs jog recovery) 4 x 1 min (1 min jog recovery)
3	Run 30 mins at very easy (recovery) pace
4	Run 60 mins as follows: 0-10 mins: very easy 10-20 mins: easy 20-30 mins: slightly slower than target race pace 30-40 mins: around target race pace 40-50 mins: slightly faster than target race pace 50-60 mins: very easy



# WEEK 23

**Well, we've reached the final week of training proper, before we start to taper down for the race itself.**

As everyone is different and responds to training at different rates, we've tried to give guidance throughout the plan on how to adapt things to suit you. This week it is particularly important that you do the sessions in a way that you will personally benefit from the most.

If you are struggling with endurance and are concerned about the distance, it would be wise to keep the intensity of effort low and run for a bit longer. However, if this is your first 10K, do not think that you have to try and cover the full distance prior to race day. If you're up to 8-9K you'll be more than capable of reaching the finish line on 10th April.

Conversely, if you're confident about the distance but are struggling with your pace, you may wish to include

a little additional faster running within the sessions. In either case, as we said last week, it's important not to try and cram in lots of additional training or push too hard in at this stage, as that is likely to be detrimental to your performance on race day.

With the above in mind, we've provided two versions of the plan this week so you can pick that one that suits you best. Whichever you choose, you can refine to suit your own needs too.

Also, I know we've banged on about it a lot over the weeks, but make sure you do a thorough warm up and cool down before each session, and include some strength and conditioning exercises in your regime (see weeks 4 and 5). It will help you get the most out of the sessions and aid recovery for the next one.

## WEEK 23 RECOMMENDED TRAINING SESSIONS

SESSION	OPTION 1: NEED MORE DISTANCE	OPTION 2: WANT MORE SPEED
1	Run 50 mins at easy pace (slower than target race pace)	Run 40 mins including 10 minutes of short intervals starting after 20 mins of easy running, e.g. 100 metres fast* (100 metres jog recovery) repeat for up to 10 mins *Fast sections should be faster than target race pace but not a flat out sprint.
2	Run 55 mins with the following intervals starting after 15 mins of easy running: 5 x 3 mins (3 mins jog recovery) Efforts to be run at about target race pace	Run 50 mins with the following intervals starting after 15 mins of easy running: 10 x 1 min (1 min jog recovery) Efforts to be run faster than target race pace
3	Run 30 mins at very easy (recovery) pace	Run 30 mins at very easy (recovery) pace
4	Run 55 mins at easy pace (slower than target race pace)	Run 50 mins at easy pace (slower than target race pace), increasing speed slightly for last 10-15 mins

# WEEK 24

**Congratulations! You've reached the final week of our training plan.**

The hard work is now behind you and it is time to taper down to ensure you're well rested and feeling fresh on race day.

We recommend a maximum of three more sessions prior to the race, as outlined below, and suggest that you have at least one rest day from running (i.e. Saturday) immediately prior to race day. Although it does no harm to do some gentle low intensity exercise the day before the race, e.g. a short walk. Some people find this beneficial to keep their muscles and joints loose.

## DO:

- Get plenty of sleep. Eat good quality food and keep well hydrated in the last few days leading up to the race.
- Set out ALL of your race day kit the day before. Give yourself plenty of time to get to the start.

The sessions this week are relatively short and low intensity. The only exception to this is an optional short interval session, which is an opportunity to stretch your legs and practice good running form. Only include this if you are feeling good and not carrying any stiffness or niggles.

If you're itching to do more during the week, do so with caution and keep things low intensity. It's too late now to improve your fitness, but certainly not too late to jeopardise your race by overdoing things.

We also want to take the opportunity this week to share some DOs and DON'Ts for the next few days, to help ensure you have a good race.

## DO NOT:

- Wear brand new shoes other kit you've not used before.
- Cram in lots of extra last minute training.
- Forget your race number / timing chip on Sunday.
- Over eat or eat something you don't normally have on Friday/Saturday.

## WEEK 24 RECOMMENDED TRAINING SESSIONS

SESSION	MAIN SESSION
1	Run 40 mins at easy pace (slower than target race pace)
2	Run 30 mins at easy pace (slower than target race pace) <b>Optional:</b> Include 5-10 minutes of short intervals in the middle part of the run, e.g. 50 metres fast* (100 metres jog recovery); repeat for maximum of 10 mins *Fast sections should be faster than target race pace but not a flat out sprint.
3	Run 20 mins at very easy (recovery) pace
4	<b>Race Day!</b>