

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

# **TRAINING PLAN**



# INTRODUCTION

**We're excited to bring you the first part of our training plan for the Derby 10K 2023, which starts on 10th October.**

This part of the plan, which is aimed at those that are taking up running for the first time or coming back to it after a long lay-off, will take participants from 'couch' to 5K of continuous running in 10 weeks.

The second part of the plan will be published in December, and will help you build from 5K to be ready to achieve your goals on race day on 10th April. If you're comfortably covering 5K already we recommend picking up the plan at this point.

In total the plan lasts for 24 weeks and suggests taking part in Strength and Conditioning exercises alongside running. There are examples of exercises

in this guide, but you could also incorporate other activities such as cycling or swimming.

We've designed the plan to be as flexible as possible so that anyone can follow it. However, everyone is different and won't respond to training in exactly the same way. So it's important that you adapt things to suit your own level of fitness and other aspects of your life, such as work and family commitments. Listen to your body and do not over-stretch yourself, particularly in the early stages.

Do not train if you are injured or feeling ill and, if you're not used to regular exercise, it is sensible to consult with your doctor before starting.

## OUR COACH

Our training plan is written by Andy Brooks, who is a UK Athletics licensed Coach in Running Fitness and Lydiard Foundation Level II Coach. As well as coaching runners with a wide range of goals, Andy continues to compete in races himself and is a long term member of Shelton Striders Running Club in Derby. You can read more about Andy's experiences here:



**Remember these sessions are for beginners who are new to running or have not done any running for a number of years. If you have the fitness to run for longer or take shorter walking breaks, it's okay to do so but we don't recommend exceeding the total workout time.**

On the other hand, if you are struggling to complete all of the sessions or find that you have a lot of stiffness afterwards, don't panic. At this stage, it's okay to reduce the amount of running in favour of more

walking. Alternatively, you could replace one of the running sessions with another form of low intensity aerobic exercise, such as cycling or swimming. The most important thing at this stage is to regularly be doing at least 30 minutes of exercise.

At the end of each running section you should be breathing fairly hard but not gasping for breath and unable to talk. If you are, set off at a slower speed and try to pace yourself in the next effort.

## TRAINING TIPS

In their initial enthusiasm for getting fit quick, people taking up running often want to train more. However, what they often overlook is that it's not during the training that they get fit, it's during the rest and recovery. A training session puts the body under stress and causes low level damage. But, as it recovers, it adapts and becomes stronger than it was before, enabling it to cope with slightly more stress the next time. This process is illustrated in the graph below.



If you train too hard in one session the dips at the ends of the white sections of the line will be deeper and the recovery will take longer. And, if you train again too soon after the previous session, before your body has recovered to its previous baseline, it's likely that the whole line will start heading downwards rather than upwards. In either case you won't get fitter and the risk of injury or illness is much greater, which could put you on the side-lines for weeks.

Preventing injury is really important for obvious reasons and is something that you'll hear more about in future weeks. In the meantime, as well as ensuring you recovery properly between training sessions, we

recommend that you get into the habit of doing some gentle stretching exercises at the end of each session. Some guidance on this can be found below.



# WEEK 1

Week 1 is designed to help you get into a regular routine of training and start the gradual process of building your fitness.

Ideally, this week you should aim to do three training sessions. These should be spread throughout the week, rather than on consecutive days, to allow sufficient recovery time in between.

Each running session should last around 30 - 35 minutes in total, made up as follows:

Begin with a 5-minute walk to warm up your muscles and increase your heart rate slightly. Once warmed up, jog at an easy pace for 1 minute and then slow back to a walk for 1 minute, or until you have your breath back and your heart rate has settled back down. Repeat this, alternating running and walking, up to 8 times. Walk gently for 5 minutes at the end to cool down.

If you feel able to run for longer periods, that's fine. And, if you need longer walk breaks between running, that's also fine. However, we recommend that you do not make your total workouts any longer than 30 - 40 minutes during this first week. It is important that you start with a really gentle jog and do not try and run too fast. During this early stage you get the most benefit from the time you spend exercising at an easy/moderate intensity. Going too fast will actually have a negative effect on your overall training plan.

We'll explain a lot more about this in the coming weeks.



# WEEK 2



The plan for this week involves three training sessions which include running, spread throughout the week with at least one non-running day in-between each of them.

The amount of running begins to increase and one running session will generally be longer than the others. Ideally this longer session should be done

on a day where you have more time and can relax afterwards, e.g. at the weekend or another day you don't work.

If you completed an additional strength and conditioning session, ensure you feel recovered before you next running session. If necessary drop session 3 below.

## WEEK 2 RECOMMENDED TRAINING SESSIONS

SESSION	WARM-UP	MAIN SESSION	COOL DOWN	TOTAL TIME
1	5 minutes brisk walking	Run 1 min, walk 1 min: <b>x2</b> Run 2 mins, walk 2 mins: <b>x5</b>	5 minutes walking, gradually reducing pace	<b>32 mins</b>
2		Strength and Conditioning		
3	5 minutes brisk walking	Run 1 min, walk 1 min: <b>x2</b> Run 2 mins, walk 2 mins: <b>x4</b>	5 minutes walking, gradually reducing pace	<b>28 mins</b>
4	10 minutes brisk walking	Run 1 min, walk 1 min Run 2 mins, walk 2 mins: <b>x5</b> Run 3 mins	10 minutes walking, gradually reducing pace	<b>45 mins</b>

# WEEK 3

There are three sessions running sessions in our training plan once again. These should be spread evenly throughout your week, with non-running days in-between.

We recommend that you do them in the order shown if possible, with the longer session done at the weekend, or on another day where you're not busy with work or other aspects of your life.

There is a logic to the way the sessions progress, which will become more apparent as the weeks go by. Fitness develops better when harder training sessions are alternated with easier ones. This is so your body has adequate opportunity to recover, while also getting used to regular aerobic exercise.

## WEEK 3 RECOMMENDED TRAINING SESSIONS

SESSION	WARM-UP	MAIN SESSION	COOL DOWN	TOTAL TIME
1	5 minutes brisk walking	Run 2 mins, walk 2 mins: x2 Run 3 mins, walk 2 mins: x4 Total running time = 16 mins	5 minutes walking, gradually reducing pace	36 mins
2		Strength and Conditioning		
3	5 minutes brisk walking	Run 2 mins, walk 2 mins: x2 Run 3 mins, walk 2 mins: x3 Total running time = 13 mins	5 minutes walking, gradually reducing pace	31 mins
4	10 minutes brisk walking	Run 2 mins, walk 1 min, run 3 mins, walk 2 mins: x4 Run 5 mins	10 minutes walking, gradually reducing pace	48 mins

If you are on track and coping well with the programme, the temptation to add more sessions may creep in. However, as we explained last week, recovery is really important and where your fitness actually improves.

We recommend that you only do extra sessions if you feel completely recovered from your last one, and then it may be better to do some kind of cross-training rather than more running. This could be another aerobic exercise, such as cycling or swimming; or something that is good for improving your strength and flexibility, such as Pilates or yoga.

Another thing to consider, when increasing the amount of exercise you do, is sleep. It's essential for recovery, so make sure you get enough and, if possible, try and have at least one day per week when you wake up naturally, not to an alarm clock.





# WEEK 4

Wow, we're in week 4 already!

We hope the plan is helping you and that you're getting into a regular routine with your training. If you

are struggling with any aspects of it, get in touch! As for this week's plan, we continue the pattern of three sessions of running with walking breaks, plus strength and conditioning, as follows:

## WEEK 4 RECOMMENDED TRAINING SESSIONS

SESSION	WARM-UP	MAIN SESSION	COOL DOWN	TOTAL TIME
1	5 minutes brisk walking	Run 3 mins, walk 2 mins: <b>x2</b> Run 5 mins, walk 3 mins: <b>x3</b>	5 minutes walking, gradually reducing pace	41 mins
2		Strength and Conditioning		
3	5 minutes brisk walking	Run 3 mins, walk 2 mins: <b>x2</b> Run 5 mins, walk 3 mins: <b>x2</b>	5 minutes walking, gradually reducing pace	33 mins
4	10 minutes brisk walking	Run 3 mins, walk 1½ mins Run 4 mins, walk 2 mins: <b>x4</b> Run 8 mins	10 minutes walking, gradually reducing pace	56.5 mins



## STRENGTHENING EXERCISES

This week, we recommend including another activity as part of your routine from now on – strengthening key muscles including abdominals and gluteals. This will particularly benefit those of you that spend a lot of time sitting at a desk or driving and may be particularly important for those working from home.

Although the human body is designed to run, our 21st century lifestyles often mean that we become weak in areas that are important for running. It has been said that trying to run without strong supporting muscles in the core, is like firing a canon from a canoe! And a recipe for picking up injuries.

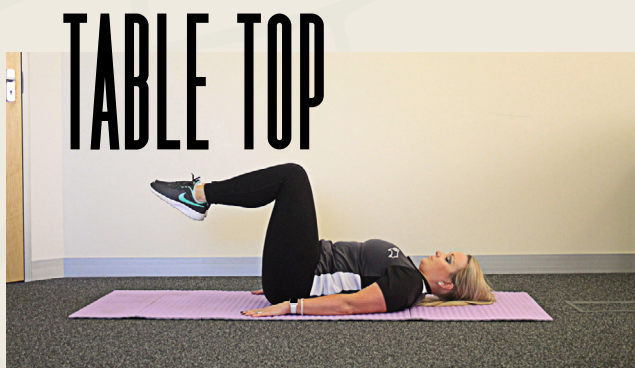
An easy test to get an idea of how well your supporting muscles are working is simply standing on one leg. If you struggle to balance for more than a few seconds, it's probably something you should work on.

A small amount of regular strength work will improve your running and reduce that risk of injury. To start, we recommend spending 10-15 mins, 2-3 times per week, either before your running or on days in-between.

In addition to standing on one leg, some other simple exercises to start you off are illustrated below.

For each of the exercises shown, build up the amount that you do gradually. They should be performed slowly.

We suggest doing two sets of 5 for each exercise, with a minute to recover in between. As with the running, it's fine to do a few more if you feel able, but don't overstretch yourself to the extent you can't maintain good form.



Lie flat on your back with arms at your side.  
Bend 90 degrees at hips and knees as shown.

Engage core muscles (try to draw your belly button down)

Slowly lower one leg until your heel is almost touching the floor and then bring back to starting position. Repeat with other leg.

Keep your back as flat as possible, do not arch it.



Lie flat on your back with arms at your side.

Raise your hips off the ground as shown, engaging your glutes (buttocks) and pushing down through your heels.

Hold the position at the highest point for 1-2 seconds and then slowly lower your hips back to the ground.



# WEEK 5



You're probably expecting your training workload to increase again this week, in the way it has every week so far. There is, however, good news! This week the plan backs off a little, and has less running than the last couple of weeks.

Having an easier week every few weeks is good practice, and something that even the most elite athletes do. It allows your body a little recovery to soak in the training and become stronger whilst keeping to a consistent routine.

Although you may be tempted to just keep increasing the training each week, this is unwise and increases the risk of injury or becoming overly fatigued.

Remember what we said about the importance of rest and recovery as part of a good training plan. You need to be in good shape for the weeks ahead, where the load will increase again.

## WEEK 5 RECOMMENDED TRAINING SESSIONS

SESSION	WARM-UP	MAIN SESSION	COOL DOWN	TOTAL TIME
1	5 minutes brisk walking	Run 5 mins, walk 2 mins: <b>x3</b>	5 minutes walking, gradually reducing pace	<b>29 mins</b>
2		Strength and Conditioning		
3	5 minutes brisk walking	Run 5 mins, walk 2 mins: <b>x3</b>	5 minutes walking, gradually reducing pace	<b>26 mins</b>
4	10 minutes brisk walking	Run 5 mins, walk 2 mins: <b>x4</b>	10 minutes walking, gradually reducing pace	<b>56.5 mins</b>

## STRENGTHENING EXERCISES

This week, we recommend doing a similar routine to last week. Concentrate on doing the exercises in a slow and controlled way, and maintaining good form. More guidance and some additional exercises can be found on a downloadable sheet prepared by our coach below.



# THE ROLE OF THE FEET



Saying that our feet play an essential role when running sounds like stating obvious, but we thought it would be useful for you to understand a bit more about how each foot works when we run, and give you some tips how to make sure they're strong and healthily. Local running movement specialist, Phil Rose from Natural Born Runners ([www.naturalbornrunners.co.uk](http://www.naturalbornrunners.co.uk)) offers the following advice and builds upon our recommendation about standing on one leg in last week's plan. Our feet are the foundation of healthy, enjoyable running and can often be overlooked when starting out. To minimise injury risk, increase running efficiency and get on the start line of our chosen race healthy and happy, strengthening the feet really important. The role of the foot is to provide stabilisation. During a run we take thousands of steps and the last step needs to be as stable as the first. Understanding how the foot functions gives a greater appreciation of the task that our feet endure, so something worth taking a closer look at.

The big toe is an anchor that provides a stable foundation and controls pronation (foot rolling inwards). Excessive pronation can cause pain in the

back of the lower leg, over the heel and into the sole of the foot. Wearing footwear that squeezes the toes together adversely affects stabilisation.

The arch of the foot is designed to flatten and reform, this is an important part of a solid base and also provides elastic energy that we can use to power each step. Walking around the house (maybe even at work) barefoot allows the arch to work naturally and will strengthen the foot.

And a great exercise to add to your running training is the single leg balance. Do this one barefoot for maximum benefit. Simply relax, balance on one leg with your hands on hips, looking straight ahead. How easy is it to maintain balance for 30 seconds? If you are stable and maintain an upright posture (hips don't sway side to side) this indicates good stability. If it looks like you're disco dancing during balance, then this exercise is a must to be repeated each day. Once mastered try closing your eyes and balancing for 15 seconds. It's a lot harder but the benefits will show in your running.



# WEEK 6

If you've been following our training plan from the start, it's probably worth taking a moment to reflect back on the progress you've made so far, and give yourself a big pat on the back.

Sometimes people feel that their fitness is slow to improve, but actually the progress over just a few short weeks can be massive! Since the beginning of last month you've gone from running 1 minute at a time to up to 8 minutes – an 800% increase!

In case you have been wondering about the logic behind the training sessions we've suggested so far, now is perhaps a good time to give a little explanation. To start with it's perhaps worth understanding that the best measure of fitness isn't how much you can do, but how quickly you can recover to do it again.

For some beginners, going out and running for an hour on the first training session may be possible but, if they're so sore and can barely walk for the next week, it's clearly not a wise thing to do. Our plan is therefore designed to build you up in manageable increments with adequate recovery, whilst getting you out training consistently – which is the most important factor. Having walking breaks in the early stages may feel

a bit frustrating for some. But, as well as being necessary for beginners to get their breath back and heart rate down, there are other benefits to fitness. They help the body become more efficient at recovering quickly and, as the legs are still moving, continue to work the body's aerobic system.

Many of you will have found that the first one or two running segments in a training session are the hardest, and then it starts to feel a little easier. This is because the body is a bit like a diesel engine; it creaks and groans a bit when you first start it up but, once fully warmed up, it cruises smoothly and efficiently. This is why we tend to start with shorter running segments, before progressing to the longer ones. It ensures your body is thoroughly warmed up and has reached operating temperature, before embarking on the hardest part of the session.

We also consider the brain as well as the body; we find that structuring the sessions this way helps to ensure you pace yourself and do not go too hard too soon, because your brain knows what there is to come. Also, finishing your week with the longest continuous running segment will hopefully show you that you're really making progress, feel good about yourself, and be motivated for the following week's training.

## WEEK 6 RECOMMENDED TRAINING SESSIONS

SESSION	WARM-UP	MAIN SESSION	COOL DOWN	TOTAL TIME
1	5 minutes brisk walking	Run 5 mins, walk 2 mins: <b>x2</b> Run 8 mins, walk 4 mins: <b>x2</b>	5 minutes walking, gradually reducing pace	44 mins
2		Strength and Conditioning		
3	5 minutes brisk walking	Run 5 mins, walk 2 mins Run 8 mins, walk 4 mins: <b>x2</b>	5 minutes walking, gradually reducing pace	37 mins
4	10 minutes brisk walking	Run 5 mins, walk 1 min Run 7 mins, walk 2 mins: <b>x2</b> Run 10 mins	10 minutes walking, gradually reducing pace	54 mins

# WEEK 7

## What's the plan for this week?

Well, as you might suspect, we'll continue to build up the amount of running. However, one subtle change is that for the longest session of the week (which we recommend you do at the weekend or other day off), we'll use distances rather than time as the targets for how far you'll run. Whereas our training plan is, generally speaking, aimed at building up the time you spend exercising, we feel that including some sessions based on distance are helpful. This is because they help to show you how well you are progressing towards the goal of 10K (6.21 miles).

In addition, as well as the three running sessions and regular strength exercises (explained in earlier weeks) we recommend that, on one of the days you are not running, you spend 30 mins cross-training using another type of cardio-vascular exercise. This could be cycling or just brisk walking.

## WEEK 7 RECOMMENDED TRAINING SESSIONS

SESSION	WARM-UP	MAIN SESSION	COOL DOWN	TOTAL TIME
1	5 minutes brisk walking	Run 5 mins, walk 2 mins Run 10 mins, walk 3 mins: x2 Run 5 mins	5 minutes walking, gradually reducing pace	48 mins
2		Strength and Conditioning		
3	5 minutes brisk walking	Run 5 mins, walk 2 mins Run 10 mins, walk 3 mins: x2	5 minutes walking, gradually reducing pace	43 mins
4	½ mile (800m) minutes brisk walking	Run ½ mile (800m), walk ¼ mile (400m) Run 1 mile (1600m), walk ¼ mile (400m); x2	½ mile (800m) minutes brisk walking, gradually reducing pace	3.5 miles

# WEEK 8

This week the plan continues to build up the amount of running you are doing. This is particularly the case for the longer session, which you should try and do on a non-working day.

The longest continuous run of 2 miles may seem a bit daunting, if this is your first attempt at that

distance. But, if you have been coping the plan so far, it should be within your capabilities. However, as the continuous distances increase, it is really important that you start off slowly and pace yourself. It is much better to start easy and finish strong, than to go off too hard and struggle to finish.

## WEEK 8 RECOMMENDED TRAINING SESSIONS

SESSION	WARM-UP	MAIN SESSION	COOL DOWN	TOTAL TIME
1	5 minutes brisk walking	Run 5 mins, walk 2 mins Run 12 mins with, walk 3 mins: <b>x2</b> Run 5 mins	5 minutes walking, gradually reducing pace	52 mins
2		Strength and Conditioning		
3	5 minutes brisk walking	Run 5 mins, walk 2 mins Run 12 mins, walk 3 mins: <b>x2</b>	5 minutes walking, gradually reducing pace	44 mins
4	½ mile (800m) minutes brisk walking	Run ½ mile (800m), walk ¼ mile (400m) Run 2 miles (3.2km), walk ¼ mile (400m) Run 1 mile (1.6km), walk ¼ mile (400m)	½ mile (800m) minutes brisk walking, gradually reducing pace	5.25 miles







# WEEK 9

We're getting close to the end of the 'Off the Couch' phase of our training plan! So, you're probably expecting us to turn the screw again and make it a tough week of training. But we thought we'd be nice!

In preparation for the big milestone next week, the training backs off a little again this week. As well as aiding recovery, and letting your hard work soak into your body, this will help ensure you're fresh and motivated to tackle that milestone, which is a 5K continuous run.

## WEEK 9 RECOMMENDED TRAINING SESSIONS

SESSION	WARM-UP	MAIN SESSION	COOL DOWN	TOTAL TIME
1	5 minutes brisk walking	Run 5 mins, walk 2 mins Run 12 mins, walk 3 mins: <b>x2</b>	5 minutes walking, gradually reducing pace	<b>44 mins</b>
2		Strength and Conditioning		
3	5 minutes brisk walking	Run 5 mins, walk 2 mins Run 20 mins	5 minutes walking, gradually reducing pace	<b>37 mins</b>
4	½ mile (800m) minutes brisk walking	Run 1 mile (1600m), walk ¼ mile (400m) Run 1 mile (1600m)	½ mile (800m) minutes brisk walking, gradually reducing pace	<b>3.5 miles</b>

# WEEK 10

This week we reach the end of the first part of the plan and, all being well, you'll be ready to tackle a continuous 5K of running.

If you don't feel quite there, don't worry. At this point it's fine to give yourself a bit more time because, as we said at the outset, everyone's fitness develops at a different rate. Getting from zero to 5K of continuous running is the hardest part, particularly if you're new to running. So there is still be plenty of time to get yourself ready for the race, even if you are a few weeks behind at this point.



## WEEK 10 RECOMMENDED TRAINING SESSIONS

SESSION	WARM-UP	MAIN SESSION	COOL DOWN	TOTAL TIME
1	5 minutes brisk walking	Run 5 mins, walk 2 mins Run 20 mins	5 minutes walking, gradually reducing pace	37 mins
2		Strength and Conditioning or Repeat session 1		
3	½ mile (800m) minutes brisk walking	Run ½ mile (800m), walk ¼ mile (400m) Run 3.1 miles (5km)	½ mile (800m) minutes brisk walking, gradually reducing pace	4.85 miles



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# TRAINING GUIDE

1

SESSION	MINUTES	✓
1	30-35 MINS	
2		
3	30-35 MINS	
4	30-35 MINS	

2

SESSION	MINUTES	✓
1	32 MINS	
2		
3	28 MINS	
4	45 MINS	

3

SESSION	MINUTES	✓
1	36 MINS	
2		
3	31 MINS	
4	48 MINS	

4

SESSION	MINUTES	✓
1	41 MINS	
2		
3	33 MINS	
4	57.5 MINS	

5

SESSION	MINUTES	✓
1	29 MINS	
2		
3	26 MINS	
4	56.5 MINS	

6

SESSION	MINUTES	✓
1	44 MINS	
2		
3	37 MINS	
4	54 MINS	

7

SESSION	MINUTES	✓
1	48 MINS	
2		
3	43 MINS	
4	3.5 MILES	

8

SESSION	MINUTES	✓
1	52 MINS	
2		
3	44 MINS	
4	5.25 MILES	

9

SESSION	MINUTES	✓
1	44 MINS	
2		
3	37 MINS	
4	3.5 MILES	

10

SESSION	MINUTES	✓
1	37 MINS	
2		
3	4.85 MILES	



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