

CBDB's Slow Run Fun Plan

10k Consolidation for Slow Runners (Weeks 1 - 5)

This is a plan for slow runners, for those who have reached at least once the 10k distance and want to consolidate this achievements and have a bit of fun exploring the world of running. It is for those of us who tend enjoy comfortable Japanese-slow runs, but who want to run 10ks regularly, to reach a point where they can increase the distances they run in the week. Along this journey, we'll hope to discover some new apps, some new ways of training and some new guided runs. (PDF is available from <http://unwrapp3d.uk/wp-content/uploads/2021/09/CBDBplanWeek1to3.pdf>)

Note: What follows are the first 5 weeks, or set 1, of a plan I am developing for myself, but sharing in case it is of interest for any other slow runners consolidating on the 10k distance. So please feel invited to message me any ideas, thoughts, concerns, or suggestions. I can be found on HU as CBDB.

Thus the plan has the objectives:

- To consolidate the 10k as a distance and make this the normal long run of the week
- To have some fun exploring different running plans, training sessions and apps
- To prepare for expanding from 10k post plan (likely to be weeks 6 – 10, or set 2)

What this plan DOES NOT attend to (for now)

- Speed, although there will be some speed runs
- Route distances beyond 10k (for now, this will come after these 5 weeks)

How to us this plan:

- Choose three out of the four runs. (Optionally, for those feeling fit enough to add another run, please do)
- Once can note down the weekdays in the day column to adapt it to one's needs.
- Choose the days on which to run these with rest days in between. The plan is flexible for one to adapt when to run each run. If running four runs per week, make sure that a long run is followed either by a rest day, or a recovery run. Considerations may also include to run the easy long runs (5k) on Parkrun days.
- There should be a daily stretching, roller or Yoga workout, and there is a column to tick off the days.
- Each week might have some free apps or podcasts to download or playlists to favourite for easy access.

Types of Runs: More detailed information and categories of different kinds of runs can be found after the plan.

Fridge Summary: A one-page summary is on the last page.

Week 01 – NRC Guided Runs

- Download the following guided runs and their durations in Nike Running Club App:
 - NRC Running for more (30m, Benett)
 - NRC Running towards your goal (40m, Puddicombe & B)
 - NRC Crank and Cruise (32m, Cory)
 - NRC 10k Run (10k, Benett)

✓	Week 1	✓	✓
Day?	Running	YWA (1)	Cross+(1)
	Choose 2 of the following: <ul style="list-style-type: none"> • Recovery : NRC Running for more (30m, Benett) • Easy : NRC Running towards your goal (5k, Puddicombe & B) • Focus Intervals: NRC Crank and Cruise (32m, Cory) Essential Run: <ul style="list-style-type: none"> • Long 10k: NRC 10k Run (10k, Benett) 	Mo Tu We Thu Fri Sa Su	Daily Pilates (15-30min) Mo Tu We Thu Fri Sa Su Any other Cross training: Rowing / Cycling / Swimming / other Focus:

(1) For our HU S&F Virtual Mat for the YWA October Calendar see our pinned section at <https://healthunlocked.com/strengthandflex/posts#pinned>

For the optional Pilates session options to choose from include

- BCUK Daily Pilates Movement Challenge (Beginner) <https://www.breastcanceruk.org.uk/get-involved/fundraise/25-saves-lives/daily-pilates-movement-challenge/>
- MVMT's 30 day Journey (beginner) <https://healthunlocked.com/strengthandflex/posts/146221812/pilates-mvmt%E2%80%99s-30-day-journey>
- MVMT's 10 day progressive series (intermediate) "The Mountains are Calling" (intermediate/advanced) <https://healthunlocked.com/strengthandflex/posts/146221812/pilates-mvmt%E2%80%99s-30-day-journey>
- Or have a look at our archive of multi-day plans at <https://healthunlocked.com/strengthandflex/posts/topic/multi-day%20plans>

Week 02 – Podrunner Podcasts

- Download the following podcast episodes
 - Podrunner - 146 BPM - Work Notes (Jumpstart Mix) (66m)
 - Podrunner - Intervals - Freeway to 10k - Level 1 - Wk1 (137/145bpm Intervals)
 - Podrunner - 150 BPM - Thirteen One (HM mix) (135m)
 - GrooveElectric - FunkyTrain (65m)

✓	Week 2	✓	✓
Day?	Running (2)	YWA	Cross+
	Choose 2 of the following: <ul style="list-style-type: none"> • Recovery : GrooveElectric - FunkyTrain (30-40min) • Slower: Podrunner 146 BPM - Work Notes (5k, Jumpstart Mix) • Focus Intervals: Freeway to 10k - Level 1 - Wk1 (137/145bpm)(dur.45m) Essential Run: <ul style="list-style-type: none"> • Long 10k: Podrunner 150 BPM - Thirteen One (HM mix) (dur.135m) 	Mo Tu We Thu Fri Sa Su	Daily Pilates (15-30min)(2) Mo Tu We Thu Fri Sa Su Any other Cross training: Rowing / Cycling / Swimming / other

(2) This week is using the podcast episodes from Podrunner and Podrunner Intervals and from the same maker FunkyTrain, available from all podcast player and Apple Podcasts

Week 03 – C25k+ and Stepping Stones

- Download the following podcast episodes
 - NHS Couch to 5k+ Stepping Stones (40m)
 - NHS Couch to 5k+ Speed (26m)
 - NHS Couch to 5k+ Stamina (45m)
- Find on Spotify the following Albums (2010)
 - AudioFuel Running Music: Run Free: The First Hour A mid Intensity Long Run 150-165BPM
 - AudioFuel Running Music: Run Free: The Second Hour A mid Intensity Long Run 150-165BPM

✓	Week 3	✓	✓
Day?	Running (3)	YWA	Cross+
	Choose 2 of the following: <ul style="list-style-type: none"> • Focus : NHS Couch to 5k+ Stamina (5k) • Focus Intervals: NHS Couch to 5k+ Speed (26m) • Focus Intervals: NHS Couch to 5k+ Stepping Stones (40m) Essential Run: <ul style="list-style-type: none"> • Long 10k: (run to silence or to any podcast or music you like) 	Mo Tu We Thu Fri Sa Su	Daily Pilates (15-30min)(2) Mo Tu We Thu Fri Sa Su Any other Cross training: Rowing / Cycling / Swimming / other

(3) This week is using the podcast episodes from C25k+

Week 04 – Exploring Runkeeper's Guided Runs & Voices

- Download Runkeeper and the following guided runs from Runkeeper
 - Runkeeper Mindshift Run (steady pace, 30m)
 - Runkeeper: I am a runner (intervals, 30m)
- Runkeeper and Spotify

✓	Week 4	✓	✓
Day?	Running (4)	YWA	Cross+
	Choose 2 of the following: <ul style="list-style-type: none"> • Recovery : Runkeeper Mindshift Run (steady pace, 30m) • Slower: Runkeeper: Voice - Mademoiselle / Spotify • Focus Intervals: Runkeeper: I am a runner (intervals, 30m) Essential Run: <ul style="list-style-type: none"> • Long 10k: (run to silence or to any podcast or music you like) 	Mo Tu We Thu Fri Sa Su	Daily Pilates (15-30min)(2) Mo Tu We Thu Fri Sa Su Any other Cross training: Rowing / Cycling / Swimming / other

(4) This week is using the podcast episodes from Podrunner and Podrunner Intervals and from the same maker FunkyTrain, available from all podcast player and Apple Podcasts

Week 05 – RunGo and Music to Beats

- Download RunGo App or use webversion: map your a neighbourhood run and make some Strava Art (see note 5 below)
- Spotify : find and favourite CBDB’s lists “CBDB’s Run BPM 145-155”, “CBDB’s Run BPM 155-165” or search for your favourite BPM on Spotify

✓	Week 5	✓	✓
Day?	Running (5)	YWA	Cross+
	Choose 2 of the following: <ul style="list-style-type: none"> • Recovery : RunGo - Run your neighbourhood (steady pace, 30m) • Slower: RunGo – Run some StravaArt with RunGo (5k) • Focus Hillsprints: warmup by finding a hill, sprint up, recover, repeat (30m) Essential Run: <ul style="list-style-type: none"> • Long 10k: Run to a Spotify BPM list (“CBDB’s Run BPM 145-155”) 	Mo Tu We Thu Fri Sa Su	Daily Pilates (15-30min)(2) Mo Tu We Thu Fri Sa Su Any other Cross training: Rowing / Cycling / Swimming / other

(5) Make a free account at <https://www.rungoapp.com> or use the app. (The www is better for routing and StravaArt). It will guide you through making your first route. How to make Strava Art with RunGo: see <https://www.rungoapp.com/blog/how-to-make-gps-art>

Explanation and Notes:

Types of Runs:

Note: I have chosen only the below categories, as my speed is generally slow and the range of speed is (still?) limited. This should work for most runners that usually run using the Japanese Slow Jogging technique.

Recovery / Easy / Slower Run: Majority of runs. Comfortable. One's usual comfortable pace, or slower. Between 3 and 7k.

- Recovery:** Shorter in distance than Easy Runs, usually less than 5k
- Easy:** 5k or 60min, whichever is longer
- Slower:** CBDB's speciality, make an effort to go even slower and make sure to relax!
At a really relaxed and gentle pace. Usually 5k or longer.

Focus Run: Focus on an aspect of running, like **Speed / Fartlek / Intervals / Hills / Drills / Slower / Faster** (in NRC Speed Runs)

- Intervals:** Structured, set distance, bursts of increased speed
- Fartlek:** Unstructured, throws in some bursts when it feels right
- Hills:** Hill sprints
- Drills:** learning and developing movement patterns, often only 3-4 drills in middle or end of run, or as warm up in garden
- Faster / Tempo Run:** Get comfortable with feeling uncomfortable. A touch quicker. Comfortably hard. Making an attempt to run at the fastest 30% of runs. Able to talk only short sentences. Not so hard that one collapses in a heap after the run.

Long Runs: Expanding runs in distance, anything longer than ca 7k.

Other rules or notes:

- NRC = Nike Running Club
- Take as many recovery days non-running as it needs. Feel free to add Yoga or Pilates to these days, daily if preferred.
- All non-running workouts can be replaced by preferred instructors or workouts.

✓	Week 1 - NRC Guided Runs	✓	✓
Day?	Running	YWA	Cross+(1)
	Choose 2 of the following: <ul style="list-style-type: none"> Recovery : NRC Running for more (30m, Benett) Easy : NRC Running towards your goal (5k, Puddicombe & B) Focus Intervals: NRC Crank and Cruise (32m, Cory) Essential Run: <ul style="list-style-type: none"> Long 10k: NRC 10k Run (10k, Benett) 	Mo Tu We Thu Fri Sa Su	Daily Pilates (15-30min) Mo Tu We Thu Fri Sa Su Any other Cross training: Rowing / Cycling / Swimming / other
✓	Week 2 - Podrunner Podcasts	✓	✓
Day?	Running	YWA	Cross+
	Choose 2 of the following: <ul style="list-style-type: none"> Recovery : GrooveElectric - FunkyTrain (30-40min) Slower: Podrunner 146 BPM - Work Notes (5k, Jumpstart Mix) Focus Intervals: Freeway to 10k - Level 1 - Wk1 (137/145bpm)(dur.45m) Essential Run: <ul style="list-style-type: none"> Long 10k: Podrunner 150 BPM - Thirteen One (HM mix) (dur.135m) 	Mo Tu We Thu Fri Sa Su	Daily Pilates (15-30min)(2) Mo Tu We Thu Fri Sa Su Any other Cross training: Rowing / Cycling / Swimming / other
✓	Week 3 - C25k+ and Stepping Stones	✓	✓
Day?	Running	YWA	Cross+
	Choose 2 of the following: <ul style="list-style-type: none"> Focus : NHS C25k+ Stamina (5k) Focus Intervals: NHS C25k+ Speed (26m) Focus Intervals: NHS C25k+ Stepping Stones (40m) Essential Run: <ul style="list-style-type: none"> Long 10k: (run to silence or to any podcast or music you like) 	Mo Tu We Thu Fri Sa Su	Daily Pilates (15-30min)(2) Mo Tu We Thu Fri Sa Su Any other Cross training: Rowing / Cycling / Swimming / other
✓	Week 4 - Exploring Runkeeper's Voices	✓	✓
Day?	Running	YWA	Cross+
	Choose 2 of the following: <ul style="list-style-type: none"> Recovery : Runkeeper Mindshift Run (steady pace, 30m) Slower: Runkeeper: Voice - Mademoiselle / Spotify Focus Intervals: Runkeeper: I am a runner (intervals, 30m) Essential Run: <ul style="list-style-type: none"> Long 10k: (run to silence or to any podcast or music you like) 	Mo Tu We Thu Fri Sa Su	Daily Pilates (15-30min)(2) Mo Tu We Thu Fri Sa Su Any other Cross training: Rowing / Cycling / Swimming / other
✓	Week 5 - RunGo and Music to Beats	✓	✓
Day?	Running	YWA	Cross+
	Choose 2 of the following: <ul style="list-style-type: none"> Recovery : RunGo - Run your neighbourhood (steady pace, 30m) Slower: RunGo – Run some StravaArt w/ RunGo (5k) Focus Hillsprints: warmup by finding a hill, sprint up, recover, repeat (30m) Essential Run: <ul style="list-style-type: none"> Long 10k: Run to a Spotify BPM list (“CBDB’s Run BPM 145-155”) 	Mo Tu We Thu Fri Sa Su	Daily Pilates (15-30min)(2) Mo Tu We Thu Fri Sa Su Any other Cross training: Rowing / Cycling / Swimming / other

✓	Week 1	✓	✓
Day?	Running	YWA	Cross+(1)
	Choose 2 of the following: <ul style="list-style-type: none"> • Recovery : 30m • Easy : 5k • Focus Intervals: 32m Essential Run: <ul style="list-style-type: none"> • Long: 10k 	Mo Tu We Thu Fri Sa Su	Daily Pilates (15-30min) Mo Tu We Thu Fri Sa Su Any other Cross training: Rowing / Cycling / Swimming / other
✓	Week 2	✓	✓
Day?	Running	YWA	Cross+
	Choose 2 of the following: <ul style="list-style-type: none"> • Recovery : 30-40min • Slower: 5k • Focus Intervals: 45m Essential Run: <ul style="list-style-type: none"> • Long: 10k 	Mo Tu We Thu Fri Sa Su	Daily Pilates (15-30min) Mo Tu We Thu Fri Sa Su Any other Cross training: Rowing / Cycling / Swimming / other
✓	Week 3	✓	✓
Day?	Running	YWA	Cross+
	Choose 2 of the following: <ul style="list-style-type: none"> • Focus : 5k • Focus Intervals: 26m • Focus Intervals: 40m Essential Run: <ul style="list-style-type: none"> • Long: 10k 	Mo Tu We Thu Fri Sa Su	Daily Pilates (15-30min) Mo Tu We Thu Fri Sa Su Any other Cross training: Rowing / Cycling / Swimming / other
✓	Week 4	✓	✓
Day?	Running	YWA	Cross+
	Choose 2 of the following: <ul style="list-style-type: none"> • Recovery : 30m • Slower: 5k • Focus Intervals: 30m Essential Run: <ul style="list-style-type: none"> • Long: 10k 	Mo Tu We Thu Fri Sa Su	Daily Pilates (15-30min) Mo Tu We Thu Fri Sa Su Any other Cross training: Rowing / Cycling / Swimming / other
✓	Week 5	✓	✓
Day?	Running	YWA	Cross+
	Choose 2 of the following: <ul style="list-style-type: none"> • Recovery : 30m • Slower: 5k • Focus Hillsprints: 30m Essential Run: <ul style="list-style-type: none"> • Long: 10k 	Mo Tu We Thu Fri Sa Su	Daily Pilates (15-30min) Mo Tu We Thu Fri Sa Su Any other Cross training: Rowing / Cycling / Swimming / other