

8 WEEK NEW RUNNER PLAN

LET'S TRAIN!

Join Pacers Running and FITDC for an eight-week 10 mile training plan for runners of all skill levels, including new runners. The training program will culminate in the [Parkway Classic 10 Miler](#) on 4.28.24!

ELEMENTS OF THE PLAN

- 3 planned runs weekly: Tuesday Track Workouts at Washington Liberty, Thursday Steady State Runs with Old Town or Clarendon Social Run, and Saturday long runs (location rotates, see website).
- Thursday runs are focused on base mileage: easy to moderate pace runs focused on building an endurance base.
- Saturday runs should be focused on a consistent but challenging pace that helps build stamina (the goal here is to maintain your consistent pace as you increase your distance each week)!
- Tuesday Track workouts are focused on speed and really challenging ourselves on shorter intervals! (your goal 10 Mile pace and FASTER!)
- For Track Workouts, warm-up with easy/relaxed jogging before 6:30, we will do dynamic warmup together.
- Dynamic Warmup Routine for Track:
 - Butt kicks
 - Walking knee pulls
 - Lateral shuffle
 - Frankensteins
 - High Knees

TRACK ETIQUETTE

- Share the track: Run on the inside, pass on the outside, ALWAYS LEAVE SPACE FOR OTHERS TO PASS YOU!
- Walking and Recoveries should happen in the outside lane or grass.
- Move out of the way as soon as you finish; NEVER stop on the track, Never walk on inside lanes.

TRACK BASICS

- 1 lap of a standard track is 400 meters or $\frac{1}{4}$ of a mile. This makes it easy to gauge pace during speed days!
- Our track workouts will often reference “goal pace” for your 10k. This is the minutes per mile pace that you are shooting for on race day. We will often alternate between reps at your goal pace and reps FASTER than your goal pace. The purpose of this is to help you learn to “feel” the pace you hope to race at AND to build speed and endurance.

HELPFUL TIPS



SUIT UP

It sounds simple but the first step is usually the hardest so start by putting your running clothes on! Lace up your shoes and now you are one step closer to going out the door.



RUN/WALK

You don't need to just "run" to run! Start by going out for a walk. When you're warmed up, run a few hundred yards then take a break and walk again. Nearly all runners started this way.



ACCOUNTABILITY

Its much harder to skip a run when you have a friend depending on you to show up. At the least, tell a friend about your plans to run so they can hold you accountable even if they don't join you.



THE RIGHT FIT

You don't need fancy new gear to go on your first run. But having the right shoes and apparel will make your runs better as you continue your journey.

WEEK 1

- Tuesday Track: 800s @ goal pace, 400s @ Faster than goal pace!
- Thursday Steady State: See what it feels like to just move for this amount of time/distance! This will be the base you build from!
- Saturday Long Run: See if you can hold a pace within a minute/mile of your goal 10 Mile pace!

Day & Run Type	Beginner (Learn To Run)	Intermediate (Group 4)	Experienced (Group 3)	Experienced (Group 2)	Advanced (Group 1)
Track Tuesday	<p>Warmup: 400 Relaxed + Dynamic W.U. Routine</p> <p>Workout: Repeat as needed: 800 @ goal pace 200 recovery 400 @ faster than the 800 200 recovery</p>	<p>Warmup: 400 Relaxed + Dynamic W.U. Routine</p> <p>Workout: TWO Rounds: 800 @ goal pace 200 recovery 400 @ faster than the 800 200 recovery</p>	<p>Warmup: 800 Relaxed + Dynamic W.U. Routine</p> <p>Workout: THREE Rounds: 800 @ goal pace 200 recovery 400 @ faster than the 800 200 recovery</p>	<p>Warmup: 400 Relaxed + Dynamic W.U. Routine</p> <p>Workout: FOUR Rounds: 800 @ goal pace 200 recovery 400 @ faster than the 800 200 recovery</p>	<p>Warmup: 400 Relaxed + Dynamic W.U. Routine</p> <p>Workout: FIVE Rounds: 800 @ goal pace 200 recovery 400 @ faster than the 800 200 recovery</p>
Thursday Steady State	Easy 2+ Miles alternating 2 min jog/ 2 min walk	Easy 3+ Mile walk Jog 3 min jog/ 1 min walk	Easy 3 + mile jog	Easy 5+ Mile Jog	Easy 5+ Mile Jog
Saturday Long Run	Steady 3+ Mile jog alternating 2 min jog, 2 min walk	Easy 4 + mile jog OR Alternating 3 min jog/ 1 min walk	Steady 5+ Mile jog	Steady 5 + mile jog	Steady 5+ mile jog

WEEK 2

- Tuesday Track: Descending Ladder, as distance decreases, speed increases
- Thursday Steady State: Just move in a way that feels good!
- Saturday Long Run: See if you can hold a pace within a minute/mile of your goal 10 Mile pace!

Day & Run Type	Beginner (Learn To Run)	Intermediate (Group 4)	Experienced (Group 3)	Experienced (Group 2)	Advanced (Group 1)
Track Tuesday	<p>Warmup: 400 Relaxed + Dynamic W.U.</p> <p>Workout: 800 @ goal pace 200 recovery 400 @ faster than the 800 200 recovery 200 @ faster than 400</p>	<p>Warmup: 400 Relaxed + Dynamic W.U.</p> <p>Workout: 1200 @ goal pace 200 recovery 800 @ faster than the 1200 200 recovery 400 @ faster than 800 200 recovery 200 @ faster than the 400</p>	<p>Warmup: 400 Relaxed + Dynamic W.U.</p> <p>Workout: 1600 @ goal pace 200 recovery 800 @ faster than the 1600 200 recovery 600 @ faster than 800 200 recovery 400 @ faster than the 600 200 recovery 200 @ faster than 400</p>	<p>Warmup: 400 Relaxed + Dynamic W.U.</p> <p>Workout: 1600 @ goal pace 200 recovery 1200 @ faster than the 1600 200 recovery 800 @ faster than 1200 200 recovery 600 @ faster than the 800 200 recovery 400 @ faster than the 600</p>	<p>Warmup: 400 Relaxed + Dynamic W.U.</p> <p>Workout: 1600 @ goal pace 200 recovery 1200 @ faster than the 1600 200 recovery 1000 @ faster than 1200 200 recovery 800 @ faster than the 1000 200 recovery 600 @ faster than the 800 200 recovery 400 @ faster than 600</p>
Thursday Steady State	Easy 2+ Miles alternating 3 min jog/ 2 min walk	Easy 3+ Mile walk Jog 3 min jog/ 1 min walk	Easy 3 + mile jog	Easy 5+ Mile Jog	Easy 5+ Mile Jog
Saturday Long Run	Steady 3.5+ Mile jog alternating 2 min jog, 2 min walk	Easy 4.5 + mile jog OR Alternating 3 min jog/ 1 min walk	Steady 6+ Mile jog	Steady 6 + mile jog	Steady 6+ mile jog

WEEK 3

- Tuesday Track: 1 x Mile (or 1200) at goal pace + 1200 (or 800) repeats at sub goal pace
- Thursday Steady State: On Thursdays, we just move in whatever way makes sense for us!
- Saturday Long Run: See if you can hold a pace within a minute/mile of your goal 10 Mile pace!

Day & Run Type	Beginner (Learn To Run)	Intermediate (Group 4)	Experienced (Group 3)	Experienced (Group 2)	Advanced (Group 1)
Track Tuesday	<p>Warmup: 400 Relaxed + Dynamic W.U.</p> <p>Workout: 1200 @ goal pace 200 recovery Repeat as needed: 800s @ under goal pace</p>	<p>Warmup: 400 Relaxed + Dynamic W.U.</p> <p>Workout: 1200 @ goal pace 200 recovery + 3 rounds: 800 @ faster than goal 200 recovery</p>	<p>Warmup: 800 Relaxed + Dynamic W.U.</p> <p>Workout: 1600 @ goal pace 200 recovery + 3 rounds: 1200 @ faster than goal 200 recovery</p>	<p>Warmup: 800 Relaxed + Dynamic W.U.</p> <p>Workout: 1600 @ goal pace 200 recovery + 4 rounds: 1200 @ faster than goal 200 recovery</p>	<p>Warmup: 800 Relaxed + Dynamic W.U.</p> <p>Workout: 1600 @ goal pace 200 recovery + 5 rounds: 1200 @ faster than goal 200 recovery</p>
Thursday Steady State	Easy 2+ Miles alternating 3 min jog/ 2 min walk	Easy 3+ Mile walk Jog 3 min jog/ 1 min walk	Easy 3 + mile jog	Easy 5+ Mile Jog	Easy 5+ Mile Jog
Saturday Long Run	Steady 4+ Mile jog alternating 2 min jog, 2 min walk	Easy 5 + mile jog OR Alternating 3 min jog/ 1 min walk	Steady 6+ Mile jog	Steady 6 + mile jog	Steady 6+ mile jog

WEEK 4

- Tuesday Track: 1200s @ goal pace+ 800s @ faster than goal
- Thursday Steady State: Today's goal is just to move!
- Saturday Long Run: See if you can hold a pace within a minute/mile of your goal 10 mile pace!

Day & Run Type	Beginner (Learn To Run)	Intermediate (Group 4)	Experienced (Group 3)	Experienced (Group 2)	Advanced (Group 1)
Track Tuesday	<p>Warmup: 400 Relaxed + Dynamic W.U.</p> <p>Workout: Repeat as needed 1200 @ goal pace 200 recovery 800 @ under goal pace</p>	<p>Warmup: 400 Relaxed + Dynamic W.U.</p> <p>Workout: 2 rounds 1200 @ goal pace 200 recovery 800 @ faster than goal 200 recovery</p>	<p>Warmup: 800 Relaxed + Dynamic W.U.</p> <p>Workout: 3 Rounds 1200 @ goal pace 200 recovery 800 @ faster than goal 200 recovery</p>	<p>Warmup: 800 Relaxed + Dynamic W.U.</p> <p>Workout: 4 rounds: 1200 @ goal pace 200 recovery 800 @ faster than goal 200 recovery</p>	<p>Warmup: 800 Relaxed + Dynamic W.U.</p> <p>Workout: 5 rounds: 1200 @ goal pace 200 recovery 800 @ faster than goal 200 recovery</p>
Thursday Steady State	Easy 2+ Miles alternating 3 min jog/ 2 min walk	Easy 3+ Mile walk Jog 3 min jog/ 1 min walk	Easy 3 + mile jog	Easy 5+ Mile Jog	Easy 5+ Mile Jog
Saturday Long Run	Steady 4.5+ Mile jog alternating 3 min jog, 1 min walk	Easy 6 + mile jog OR Alternating 3 min jog/ 1 min walk	Steady 7+ Mile jog	Steady 7 + mile jog	Steady 7+ mile jog

WEEK 5

- Tuesday Track: 800s @ 5k pace, Miles @ 10 Mile pace
- Thursday Steady State: See what you feel like! Today we are listening to our bodies and moving accordingly.
- Saturday Long Run: See if you can hold a pace within a minute/mile of your goal 10 Mile pace!

Day & Run Type	Beginner (Learn To Run)	Intermediate (Group 4)	Experienced (Group 3)	Experienced (Group 2)	Advanced (Group 1)
Track Tuesday	<p>Warmup: 400 Relaxed + Dynamic W.U.</p> <p>Workout: 1 x 800 @ 5k pace</p> <p>1 x mile @ 10 mile pace</p>	<p>Warmup: 400 Relaxed + Dynamic W.U.</p> <p>Workout: 2 x 800 @ 5k pace</p> <p>1 mile @ 10 Mile pace</p>	<p>Warmup: 800 Relaxed + Dynamic W.U.</p> <p>Workout: 3 x 800 @ 5k pace</p> <p>1 mile @ 10 Mile pace</p>	<p>Warmup: 800 Relaxed + Dynamic W.U.</p> <p>Workout: 4 x 800 @ 5k Pace</p> <p>1 mile @ 10 Mile pace</p>	<p>Warmup: 800 Relaxed + Dynamic W.U.</p> <p>Workout: 5 x 800 @ 5k pace</p> <p>1 mile @ 10 Mile pace</p>
Thursday Steady State	Easy 2+ Miles alternating 3 min jog/ 1 min walk	Easy 3+ Mile walk Jog 3 min jog/ 1 min walk	Easy 3 + mile jog	Easy 5+ Mile Jog	Easy 5+ Mile Jog
Saturday Long Run	Steady 5+ Mile jog alternating 4 min jog, 1 min walk	Steady 6.5 + mile jog OR Alternating 3 min jog/ 1 min walk	Steady 8+ Mile jog	Steady 8 + mile jog	Steady 8+ mile jog

WEEK 6

- Tuesday Track: 1000s, 400s, and Miles!
- Thursday Steady State: Move in a way that works for you today!
- Saturday Long Run: See if you can hold a pace within a minute/mile of your goal 10 mile pace!

Day & Run Type	Beginner (Learn To Run)	Intermediate (Group 4)	Experienced (Group 3)	Experienced (Group 2)	Advanced (Group 1)
Track Tuesday	<p>Warmup: 400 Relaxed + Dynamic W.U.</p> <p>Workout: 1 x 1000 @ 5k pace</p> <p>1 x 400 @ mile pace</p> <p>1 x 1000 @ 10 mile pace</p>	<p>Warmup: 400 Relaxed + Dynamic W.U.</p> <p>Workout: 1 x 1000 @ 5k pace</p> <p>4 x 400 @ mile pace</p> <p>1 x 1000 @ 10 mile pace</p>	<p>Warmup: 800 Relaxed + Dynamic W.U.</p> <p>Workout: 2 x 1000 @ 5k pace</p> <p>2 x 400 @ mile pace</p> <p>1 mile @ 10 mile pace</p>	<p>Warmup: 800 Relaxed + Dynamic W.U.</p> <p>Workout: 2 x 1000 @ 5k Pace</p> <p>4 x 400 @ mile pace</p> <p>1 mile @ 10 mile pace</p>	<p>Warmup: 800 Relaxed + Dynamic W.U.</p> <p>Workout: 3 x 1000 @ 5k pace</p> <p>4 x 400 @ mile pace</p> <p>1 mile @10 mile pace</p>
Thursday Steady State	Easy 2+ Miles alternating 3 min jog/ 1 min walk	Easy 3+ Mile walk Jog 3 min jog/ 1 min walk	Easy 3 + mile jog	Easy 5+ Mile Jog	Easy 5+ Mile Jog
Saturday Long Run	Steady 6+ Mile jog alternating 2 min jog, 2 min walk	Steady 7 + mile jog OR Alternating 3 min jog/ 1 min walk	Steady 9+ Mile jog	Steady 9 + mile jog	Steady 9+ mile jog

WEEK 7

- Tuesday Track: DOWN, then UP a ladder!
- Thursday Steady State:
- Saturday Long Run: See if you can hold a pace within a minute/mile of your goal 10 mile pace!

Day & Run Type	Beginner (Learn To Run)	Intermediate (Group 4)	Experienced (Group 3)	Experienced (Group 2)	Advanced (Group 1)
Track Tuesday	<p>Warmup: 400 Relaxed + Dynamic W.U.</p> <p>Workout: 1000 600 400 600 1000</p> <p>*200 recovery between each</p>	<p>Warmup: 400 Relaxed + Dynamic W.U.</p> <p>Workout: 1000 600 400 400 600 1000</p> <p>*200 recovery between each</p>	<p>Warmup: 800 Relaxed + Dynamic W.U.</p> <p>Workout: 1200 800 600 600 800 1200</p> <p>*200 recovery between each</p>	<p>Warmup: 800 Relaxed + Dynamic W.U.</p> <p>Workout: 1600 1000 600 600 1000 1600</p> <p>*200 recovery between each</p>	<p>Warmup: 800 Relaxed + Dynamic W.U.</p> <p>Workout: 1600 1200 800 800 1200 1600</p> <p>*200 recovery between each</p>
Thursday Steady State	Easy 2+ Miles alternating 3 min jog/ 1 min walk	Easy 3+ Mile walk Jog 3 min jog/ 1 min walk	Easy 3 + mile jog	Easy 5+ Mile Jog	Easy 5+ Mile Jog
Saturday Long Run	Steady 7+ Mile jog alternating 2 min jog, 2 min walk	Steady 8 + mile jog OR Alternating 3 min jog/ 1 min walk	Steady 10+ Mile jog	Steady 10 + mile jog	Steady 10+ mile jog

WEEK 8

- Tuesday Track: 1000s at moderate effort, its race week!
- Thursday Steady State: You know the drill! Listen to your body, its race week!
- Saturday Long Run: This week its a shakeout, that means just move at a speed and for a distance that makes sense for you today, get those legs loose for the race SUNDAY!

Day & Run Type	Beginner (Learn To Run)	Intermediate (Group 4)	Experienced (Group 3)	Experienced (Group 2)	Advanced (Group 1)
Track Tuesday	<p>Warmup: 400 Relaxed + Dynamic W.U.</p> <p>Workout: 800 at HMP w/ 200 recovery 2 x 400 at 10K w/ 200 recovery 800 at HMP w/ 200 recovery 2 x 400 at 10K w/ 200 recovery</p>	<p>Warmup: 400 Relaxed + Dynamic W.U.</p> <p>Workout: 800 at HMP w/ 200 recovery 2 x 400 at 10K w/ 200 recovery 800 at HMP w/ 200 recovery 2 x 400 at 10K w/ 200 recovery</p>	<p>Warmup: 400 Relaxed + Dynamic W.U.</p> <p>Workout: 800 at HMP w/ 200 recovery 2 x 400 at 10K w/ 200 recovery 800 at HMP w/ 200 recovery 2 x 400 at 10K w/ 200 recovery</p>	<p>Warmup: 400 Relaxed + Dynamic W.U.</p> <p>Workout: 800 at HMP w/ 200 recovery 2 x 400 at 10K w/ 200 recovery 800 at HMP w/ 200 recovery 2 x 400 at 10K w/ 200 recovery</p>	<p>Warmup: 400 Relaxed + Dynamic W.U.</p> <p>Workout: 800 at HMP w/ 200 recovery 2 x 400 at 10K w/ 200 recovery 800 at HMP w/ 200 recovery 2 x 400 at 10K w/ 200 recovery</p>
Thursday Steady State	Easy 2+ Miles alternating 3 min jog/ 1 min walk	Easy 3+ Mile walk Jog 3 min jog/ 1 min walk	Easy 3 + mile jog	Easy 5+ Mile Jog	Easy 5+ Mile Jog
Saturday Long Run	RACE IS SUNDAY! SHAKE IT OUT WITH AN EASY RUN - YOUR CHOICE OF DISTANCE	RACE IS SUNDAY! SHAKE IT OUT WITH AN EASY RUN - YOUR CHOICE OF DISTANCE	RACE IS SUNDAY! SHAKE IT OUT WITH AN EASY RUN - YOUR CHOICE OF DISTANCE	RACE IS SUNDAY! SHAKE IT OUT WITH AN EASY RUN - YOUR CHOICE OF DISTANCE	RACE IS SUNDAY! SHAKE IT OUT WITH AN EASY RUN - YOUR CHOICE OF DISTANCE