



12-WEEK PLAN FOR THE 2026 CHILLY CHOCOLATE 15K



**THANK YOU TO RUN AWAY SHOES STAFF SCOTT D FOR
WRITING THESE PLANS! STOP IN TO SEE SCOTT & ALL
OF OUR WONDERFUL STAFF FOR A SHOE FITTING TO
SUPPORT YOUR TRAINING!**

**IT IS STRONGLY ENCOURAGED THAT YOU CONSULT WITH YOUR PHYSICIAN BEFORE
BEGINNING ANY NEW EXERCISE PROGRAM. IT IS VOLUNTARY TO PARTICIPATE IN EITHER OF
THESE TRAINING PLANS AND RUN AWAY SHOES & EVENTS AS WELL AS THE HOUDINI 10K
SPONSORS AND PARTERS ARE NOT LIABLE FOR ANY INJURY ASSOCIATED WITH
PARTICIPATION. PLEASE LISTEN TO YOUR BODY AND ADAPT THE PLANS SUGGESTIONS TO
WHAT WORKS BEST FOR YOU IF YOU CHOOSE TO FOLLOW THEIR TRAINING SUGGESTIONS.**

WORKOUT DESCRIPTIONS

**EZ = COMFORTABLE/ CONVERSATIONAL EFFORT (EASY/ NOT SLOPPY)
THINK LIGHT STEPS/ MAINTAIN KNEE LIFT**

TO MED. = EASY TO MEDIUM PROGRESSION

XT = CROSS TRAINING. 20-30 MINUTES OF LOW IMPACT CARDIO

WK = WORKOUT

**BU = 3-6 MILES (AS DESIGNATED) + 4 X :20-:30 BUILDUPS TO
ESTIMATED ONE MILE PACE EFFORT W/ WALK RECOVERY**

**WK-A: 1MI EZ THEN 3-5 MIN REPS AT NO FASTER THAN 5K PACE OR
90% EFFORT W/ 2 MIN WALK REST FOR 15-18MINS OF TOTAL HARDER
RUNNING**

WORKOUT DESCRIPTIONS

**WK-B: 1MI EZ THEN 3X MILE REPS W/ 1-2MIN WALK REST
(15K-1/2 MARATHON PACE/ 80% EFFORT FOR REP PACE)
ADD MILE EACH TIME DOING WORKOUT UNTIL DOING 5**

**WKT C: 5-6 MILES TOTAL W/ 10-12 X 1:00 @ 5K PACE W/ 1:00 EZ
WITHIN THE RUN**

**WKT C-RW (RACE WEEK): 3-4 MILES TOTAL W/ 5-6 X 1:00 @ 5K PACE
W/ 1:00 EZ WITHIN THE RUN**

SUN	MON	TUE	WED	THR	FRI	SAT
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NOVEMBER

16 3 MI EZ	17 XT	18 3 MI BU	19 XT	20 3 MI EZ	21 4-5MI EZ	22 OFF OR EZ XT
23 3 MI EZ TO MED.	24 XT	25 WKT A	26 XT	27 3-4 MI EZ	28 4-5 MI EZ TO MED	29 OFF OR EZ XT

SUN	MON	TUE	WED	THR	FRI	SAT
30 3 MI EZ TO MED.	1 XT	2 WKT B	3 XT	4 3-4 MI EZ	5 5-6 MI EZ TO MED	6 OFF OR EZ XT
7 4 MI BU	8 XT	9 WKT A	10 XT	11 3-4 MI EZ	12 5-6 MI EZ TO MED	13 OFF OR EZ XT
14 4 MI BU	15 XT	16 WKT B	17 XT	18 3-4 MI EZ	19 6-7 MI EZ	20 OFF OR EZ XT
21 5 MI BU	22 XT	23 WKT C	24 XT	25 4-5 MI EZ	26 WKT D	27 OFF OR EZ XT
28 5 MI BU	29 XT	30 WKT A	31 XT	DECEMBER		

SUN	MON	TUE	WED	THR	FRI	SAT
JANUARY				1 4-5 MI EZ	2 6-8 MI EZ	3 OFF OR EZ XT
4 5 MI BU	5 XT	6 WKT C	7 XT	8 4-5 MI EZ	9 WKT D	10 OFF OR EZ XT
11 5-6 MI BU	12 XT	13 WKT B	14 XT	15 3-4 MI EZ	16 6-8 MI EZ	17 OFF OR EZ XT
18 5-6 MI BU	19 XT	20 WKT A	21 XT	22 4-5 MI EZ	23 WKT D	24 OFF OR EZ XT
25 5-6 MI BU	26 XT	27 WKT B	28 XT	29 4-5 MI EZ	30 5-6 EZ TO MED	31 OFF OR EZ XT

