



2024 HOUDINI 10K OPTIONAL TRAINING PLANS

- **BEGINNER MILEAGE BUILD PLAN PAGES 2-4**
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THANK YOU TO RUN AWAY SHOES STAFF BEN K & SCOTT D FOR WRITING THESE PLANS! STOP IN TO SEE BEN, 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.

SUN**MON****TUE****WED****THR****FRI****SAT**

2024 MILEAGE BUILD 10K TRAINING PLAN


XT = CROSS TRAINING. 20-30 MINUTES OF BIKING, STRETCHING, SWIMMING, YOGA, WALKING, ETC.
THIS DAY COULD ALSO BE TAKEN AS A REST DAY IF NEEDED.

AUGUST

18 RUN 2 MILES	19 REST	20 RUN 1.5 MI.	21 XT	22 RUN 1.5 MI.	23 REST	24 RUN 2 MILES
25 RUN 2 MILES	26 REST	27 RUN 2 MILES	28 XT	29 RUN 2 MILES	30 REST	31 RUN 2.5 MI.

**WEEK 1
7 MILES**

**WEEK 2
8.5 MI.**

SUN	MON	TUE	WED	THR	FRI	SAT	
1 RUN 2 MILES	2 REST	3 RUN 2.5 MI.	4 XT	5 RUN 2.5 MI.	6 REST	7 RUN 3 MILES	
8 RUN 2 MILES	9 REST	10 RUN 3 MILES	11 XT	12 RUN 3 MILES	13 REST	14 RUN 3.5 MI.	
15 RUN 2 MILES	16 REST	17 RUN 3.5 MI.	18 XT	19 RUN 3.5 MI.	20 REST	21 RUN 4 MILES	
22 RUN 2 MILES	23 REST	24 RUN 4 MILES	25 XT	26 RUN 4 MILES	27 REST	28 RUN 4.5 MI.	
29 RUN 2 MILES	30 REST	 HOUDINI LOK					SEPT.

WEEK 3
10 MILES

WEEK 4
11.5 MILES

WEEK 5
13 MILES

WEEK 6
14.5 MILES

SUN	MON	TUE	WED	THR	FRI	SAT	
OCT.		1 RUN 4 MILES	2 XT	3 RUN 4 MILES	4 REST	5 RUN 5 MILES	WEEK 7 15 MILES
6 RUN 2 MILES	7 REST	8 RUN 4.5 MI.	9 XT	10 RUN 4 MILES	11 REST	12 RUN 5.5 MI.	WEEK 8 16 MILES
13 RUN 2 MILES	14 REST	15 RUN 4.5 MI.	16 XT	17 RUN 4 MILES	18 REST	19 RUN 6 MILES	WEEK 9 16.5 MILES
20 RUN 2.5 MI	21 REST	22 RUN 4.5 MI.	23 REST	24 RUN 3.5 MI.	25 REST	26 RUN 3 MILES	WEEK 10 13.5 MILES
27 RUN 2 MILES	28 REST	29 RUN 3 MILES	30 REST	31 RUN 2 MILES	1 REST	2 RACE DAY!	WEEK 11 13 MILES

SUN

MON

TUE

WED

THR

FRI

SAT



**2024: 10 WEEK 10K
INTERMEDIATE PLAN**

EZ = WHATEVER PACE FEELS EASY

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

WK = WORKOUT

BU = 3-5 MILES (AS DESIGNATED) + 4-5 X :15-:20 BUILDUPS TO MILE EFFORT

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

WK-B: 1MI EZ THEN 3X MILE REPS W/1-2MIN WALK REST

(1/2 MARATHON PACE/ 80% EFFORT FOR REP PACE)

ADD MILE EACH TIME DOING WORKOUT UNTIL DOING 5

RACE WEEK WK: 1MI EZ/1MI @ GOAL 10K EFFORT +

2X 3MIN AT 5K EFFORT W/ 2 MIN WALK REST/1MI EZ

AUGUST

25

**OFF OR
EZ XT**

26

**3 MI
EZ**

27

XT

28

3BU

29

**OFF OR
EZ XT**


30

**2-3 MI
EZ**

31

**4-5 MI
EZ**

WEEK 1

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

WEEK 2

WEEK 3

WEEK 4

WEEK 5

SUN	MON	TUE	WED	THR	FRI	SAT	
OCT.		1 XT	2 WK-A	3 OFF OR EZ XT	4 3-4 MI EZ	5 6-7 MI EZ	WEEK 6
6 OFF OR EZ XT	7 4BU	8 XT	9 WK-B	10 OFF OR EZ XT	11 3-4 MI EZ	12 6-7 MI EZ TO MED. EFFORT	WEEK 7
13 OFF OR EZ XT	14 5BU	15 XT	16 WK-A	17 OFF OR EZ XT	18 3-4 MI EZ	19 7 MI EZ TO MED. EFFORT	WEEK 8
20 OFF OR EZ XT	21 5BU	22 XT	23 WK-B	24 OFF OR EZ XT	25 3-4 MI EZ	26 4-5 MI EZ	WEEK 9
27 OFF OR EZ XT	28 RACE WEEK WK	29 XT	30 3 MI EZ TO MED. EFFORT	31 OFF OR EZ XT	1 2MI EZ + 3- 4X :20 AT FAST & SMOOTH	2 RACE DAY!	WEEK 10