



2025 HOUDINI 10K OPTIONAL TRAINING PLANS

- **BEGINNER MILEAGE BUILD PLAN PAGES 2-4**
- **INTERMEDIATE PLAN PAGES 5-7**



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
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2025 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

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

**WEEK 1
7 MILES**

**WEEK 2
8.5 MI.**

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

WEEK 3
10
MILES

WEEK 4
11.5
MILES

WEEK 5
13
MILES

WEEK 6
14.5
MILES

SEPT.

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

SUN	MON	TUE	WED	THR	FRI	SAT
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2025: 10 WEEK 10K INTERMEDIATE PLAN

SEE WORKOUT
EXPLANATIONS ON
FOLLOWING PAGE.

AUGUST

24	25	26	27	28	29	30
3 MI EZ	XT	3BU	OFF OR EZ XT	2-3 MI EZ	4-5 MI EZ	OFF OR EZ XT

WEEK 1

WORKOUTS

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 BUILD-UPS TO MILE EFFORT.
A BUILD-UP IS A GRADUAL INCREASE OF PACE FOR THE DESIGNATED TIME
PERIOD.**

**WK-A: 1 MILE 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: 1 MILE 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**

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

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

