



# 2026 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**



**2026 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**

**23**

**RUN 2  
MILES**

**24**

**REST**

**25**

**RUN  
1.5 MI.**

**26**

**XT**

**27**

**RUN  
1.5 MI.**



**28**

**REST**

**29**

**RUN 2  
MILES**

**WEEK 1  
7 MILES**

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

WEEK 2  
8.5 MI.

WEEK 3  
10 MILES

WEEK 4  
11.5 MILES

WEEK 5  
13 MILES

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

**WEEK 6**  
14.5 MILES

**WEEK 7**  
15 MILES

**WEEK 8**  
16 MILES

**WEEK 9**  
16.5 MILES

**WEEK 10**  
13.5 MILES

SUN	MON	TUE	WED	THR	FRI	SAT
1 RUN 2 MILES	2 REST	3 RUN 3 MILES	4 REST	5 RUN 2 MILES	6 REST	7 RACE DAY!

WEEK 11  
13  
MILES



NOVEMBER



**2026: 10 WEEK 10K INTERMEDIATE PLAN**

**SEE WORKOUT EXPLANATIONS ON  
FOLLOWING PAGE.**

# 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 3 MI EZ	1 XT	1 3BU	2 OFF OR EZ XT	3 2-3 MI EZ	4 4-5 MI EZ	5 OFF OR EZ XT	WEEK 1
6 3BU	7 XT	8 WK-A	9 OFF OR EZ XT	10 3 MI EZ	11 4-5 MI EZ TO MED. EFFORT	12 OFF OR EZ XT	WEEK 2
13 4BU	14 XT	15 WK-B	16 OFF OR EZ XT	17 3 MI EZ	18 5-6 MI EZ	19 OFF OR EZ XT	WEEK 3
20 4BU	21 XT	22 WK-A	23 OFF OR EZ XT	24 3-4 MI EZ	25 5-6 MI EZ TO MED. EFFORT	26 OFF OR EZ XT	WEEK 4
27 5BU	28 XT	 <b>HOUDINI</b> <b>10K</b>					<b>SEPT.</b>

SUN	MON	TUE	WED	THR	FRI	SAT	
<b>OCT.</b>		29 WK-B	30 OFF OR EZ XT	1 3-4 MI EZ	2 10K EZ TO MED. EFFORT	3 OFF OR EZ XT	WEEK 5
4 5BU	5 XT	6 WK-A	7 OFF OR EZ XT	8 3-4 MI EZ	9 6-7 MI EZ	10 OFF OR EZ XT	WEEK 6
11 4BU	12 XT	13 WK-B	14 OFF OR EZ XT	15 3-4 MI EZ	16 6-7 MI EZ TO MED. EFFORT	17 OFF OR EZ XT	WEEK 7
18 5BU	19 XT	20 WK-A	21 OFF OR EZ XT	22 3-4 MI EZ	23 7 MI EZ TO MED. EFFORT	24 OFF OR EZ XT	WEEK 8
25 5BU	26 XT	27 WK-B	28 OFF OR EZ XT	29 3-4 MI EZ	30 4-5 MI EZ	31 OFF OR EZ XT	WEEK 9

SUN	MON	TUE	WED	THR	FRI	SAT
1 RACE WEEK WK	2 XT	3 3 MI EZ TO MED. EFFORT	4 OFF OR EZ XT	5 REST	6 2MI EZ + 3- 4X :20 AT FAST & SMOOTH	7 RACE DAY!

WEEK 10



NOVEMBER

