



2025 OSHKOSH HALF 14 WEEK TRAINING PLAN

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.

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CALENDAR: FLEXIBLE WORKOUT PLAN**

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 = 4-6 MILES (AS DESIGNATED) + 4 X :20-:30 BUILDUPS (PICK UP THE PACE) TO ESTIMATED (ALL-OUT) ONE MILE PACE EFFORT W/ WALK RECOVERY

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

WORKOUT DESCRIPTIONS CONT.

WK-B: 1 MILE EZ THEN 3 X 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 MILE REPEATS

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

WKT D: 2 EZ + 3X ALTERNATING 1MI @ 10-15K PACE/ 1MI @ EZ (6MI TOTAL)

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

JANUARY

22ND: *3MI + 4-5 X :20 BUILDUPS W/ WALK RECOVERY
(PACE INCREASING TO ESTIMATED MILE PACE)

1**19****OFF OR
EZ XT****20****3 MI
EZ.****21****XT****22****3 MI EZ
+ BU*****23****XT****24****3 MI
EZ.****25****4-5 MI
EZ.****2****26****OFF OR
EZ XT****27****3 MI EZ
TO
MED****28****XT****29****WKT A****30****XT****31****3-4 MI
EZ.****4-5 MI¹
EZ TO
MED
PROG.**

3

4

5

6

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

FEBRUARY

7

8

9

10

11

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

MARCH

SUN MON TUE WED THR FRI SAT

APRIL

12

13

14

| | | | | | | |
|------------------------------|---------------------------|-----------------|---------------------------|-----------------|---------------------------------|---|
| 6 OFF OR EZ XT | 7 5-6 MI BU | 8 XT | 9 WKT A | 10 XT | 11 4-5 MI EZ. | 12 7-8 MI EZ. |
| 13 OFF OR EZ XT | 14 5-6 MI BU | 15 XT | 16 WKT B | 17 XT | 18 4-5 MI EZ. | 19 5-6 MI EZ TO MED. PROG. |
| 20 OFF OR EZ XT | 21 3-4 MI BU | 22 XT | 23 WKT C- RW | 24 XT | 25 PRE RACE WKT | 26 RACE DAY! |

PRE RACE WKT: 2MI EZ + 3-4 X :20 FAST & CONTROLLED

BUILD-YOUR-OWN-WEEK

SOMETIMES LIFE DOESNT MATCH UP WITH TRAINING SCHEDULES!

BEYOND THE MILEAGE AND WORKOUTS RECOMMENDED BY THE CHECK BOXES EACH WEEK, DO YOUR BEST TO TAKE ONE DAY OFF OR VERY EASY CROSS TRAIN EACH WEEK AND PUT 30 MINUTES OF EASY CROSS TRAINING IN BETWEEN WORKOUT DAYS.

JANUARY

1

- *3MI + 4-5 X :20 BUILDUPS W/ WALK RECOVERY (PACE INCREASING TO ESTIMATED MILE PACE)
- LONG RUN: 4-5 MILES EZ
- 3 MILE EZ RUN
- 3 MILE EZ RUN

2

- WKT A
- LONG RUN: 4-5 MILES EZ TO MED PROGRESSION
- 3 MILE RUN EZ TO MED
- 3 -4 MILE EZ RUN



FEBRUARY

3

WKT B

LONG RUN: 5-6 MILES EZ TO MEDIUM PROGRESSION

3 MILE EZ TO MED RUN

3-4MILE EZ RUN

4

WKT A

4 MILE BU

LONG RUN: 5-6 MILES EZ TO MED PROGRESSION

3 -4 MILE EZ RUN

5

WKT B

4 MILE BU

LONG RUN: 6-7 MILES EZ

3 -4 MILE EZ RUN

6

WKT A

4 MILE BU

WKT D

4-5 MI EZ RUN



MARCH

- 7** WKT B
 5 MI BU
 LONG RUN: 7-8 MI EZ
 4-5 MILE EZ RUN

- 8** WKT C
 5 MILE BU
 WKT D
 4-5 MILE EZ RUN

- 9** WKT B
 5 MILE BU
 LONG RUN: 8-9 MILES EZ
 4-5 MILE EZ RUN

- 10** WKT A
 5-6 MILE BU
 WKT D
 3-4 MI EZ RUN

- 11** WKT B
 5-6 MILE BU
 LONG RUN: 10 MILES
 4-5 MI EZ RUN



APRIL



12

- WKT A
- 5-6 MI BU
- LONG RUN: 7-8 MILES EZ
- 4-5 MI EZ RUN

13

- WKT B
- 5-6 MI BU
- LONG RUN: 5-6 MI EZ TO MED PROGRESSION
- 4-5 MI EZ RUN

14 RACE WEEK

20

**OFF OR
EZ XT**

21

**3-4 MI
BU**

22

XT

23

**WKT C-
RW**

24

XT

25

**PRE
RACE
WKT**

26

**RACE
DAY!**

PRE RACE WKT: 2MI EZ + 3-4 X :20 FAST & CONTROLLED