



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)

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

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

2

9

16

23

30

OFF OR

EZXT

OFF OR

EZXT

OFF OR

EZXT

OFF OR EZ XT

OFF OR

EZXT

5 MI

BU

BU

BU

BU

SUN MON TUE WED THR FRI SAT APRIL 8 10 12 6 9 **OFF OR** 5-6 MI 7-8 MI 4-5 MI **XT WKT A** XT **EZXT** BU EZ. EZ. **15** 16 **17** 13 14 18 19 5-6 MI **OFF OR** 5-6 MI 4-5 MI **WKT B** XT XT **EZ XT** BU **MED** EZ. PROG. 21 22 23 24 20 25 26 PRE **OFF OR** 3-4 MI WKT C-**RACE** XT **XT RACE EZXT** DAY! **RW** BU WKT PRE RACE WKT: 2MI EZ + 3-4 X :20 FAST & CONTROLLED

12

13

14

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

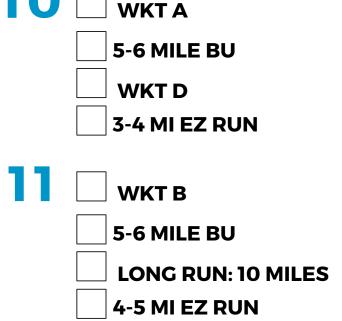
	*3MI + 4-5 X :20 BUILDUPS W/ WALK RECOVERY (PACE INCREASING TO ESTIMA	ATED MILE PACE)
	LONG RUN: 4-5 MILES EZ	
	3 MILE EZ RUN	
	3 MILE EZ RUN	
2	WKTA	
	LONG RUN: 4-5 MILES EZ TO MED PROGRESSION	asH
	3 MILE RUN EZ TO MED	
	3 -4 MILE EZ RUN	THE STATE OF THE S



	3
	LONG RUN: 5-6 MILES EZ TO MEDIUM PROGRESSION
	3 MILE EZ TO MED RUN
П	3-4MILE EZ RUN
M	4 WKT A 4 MILE BU
	LONG RUN: 5-6 MILES EZ TO MED PROGRESSION 3 -4 MILE EZ RUN
N R	5 WKT B 4 MILE BU
J	LONG RUN: 6-7 MILES EZ
<	3 -4 MILE EZ RUN
	6 wkt a
	4 MILE BU
	WKT D
	4-5 MI EZ RUN

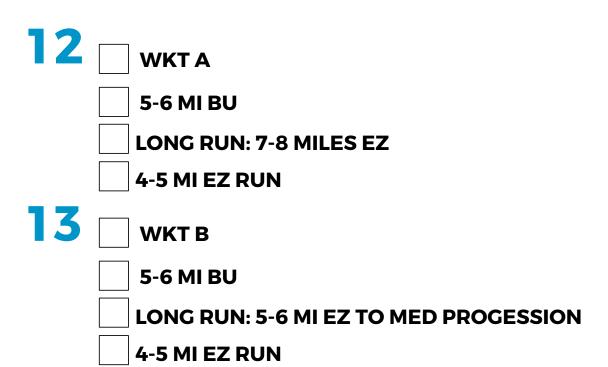


7_		
	WKT B	10 □ wkt
	5 MI BU	5-6 MI
	LONG RUN: 7-8 MI EZ	
	4-5 MILE EZ RUN	□ WKT I
8		3-4 MI
	WKT C	11
	5 MILE BU	■
	WKT D	5-6 MI
	4-5 MILE EZ RUN	LONG
		4-5 MI
9	WKT B	
	5 MILE BU	
	LONG RUN: 8-9 MILES EZ	
	4-5 MILE EZ RUN	











14 RACE WEEK

20

21

22

23

24

25

26

OFF OR EZ XT

3-4 MI BU

XT

WKT C-RW

XT

PRE RACE WKT

RACE DAY!