

Legend



What is RPE?

RPE stands for “Rate of Perceived Exertion”; this is used to gauge intensity during cardiovascular workouts. RPE 1 or RPE 2 would be a light walk with minimal effort, while RPE 9 or RPE 10 would be a full-blown sprint.

Starter 1.5K and Starter 3K

Jogging Periods

Jog at a speed of approximately 5 RPE.

Walking Periods

Walk at a speed of approximately 3 RPE.

Race!

Jog at a speed of approximately 6 RPE.

Walk+Jog 5K and Walk+Jog 10K

Jogging Periods

Jog at a speed of approximately 6 RPE.

Walking Periods

Walk at a speed of approximately 4 RPE.

Race!

Aim for 7 RPE, but pace yourself early to conserve energy for the end of the race.

Beginner, Intermediate, and Advanced Training Plans

Recovery Days

Jog at a speed of approximately 4/5 RPE.

Pace Days

Jog at a speed of approximately 5/6 RPE.

Distance Days

Jog at a speed of approximately 5 RPE.

Race!

Aim for 7 RPE, but pace yourself early to conserve energy for the end of the race.

Always consult with your physician before starting any new exercise program!

Advanced 10K

8 Weeks – 3 Days/Week



	Recovery	Pace	Distance
Week 1	5 mi	60 min	6 mi
Week 2	4 mi	55 min	7 mi
Week 3	5 mi	50 min	8 mi
Week 4	4 mi	55 min	3 mi
Week 5	6 mi	75 min	8 mi
Week 6	6 mi	70 min	10 mi
Week 7	6 mi	70 min	7 mi
Week 8	4 mi	40 min	<i>Race!</i>

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Advanced 10K

8 Weeks – 4 Days/Week



	Recovery	Pace	Recovery	Distance
Week 1	4 mi	50 min	5 mi	6 mi
Week 2	4 mi	55 min	5 mi	7 mi
Week 3	4 mi	60 min	5 mi	8 mi
Week 4	4 mi	50 min	4 mi	3 mi
Week 5	5 mi	70 min	6 mi	8 mi
Week 6	5 mi	75 min	6 mi	10 mi
Week 7	5 mi	70 min	5 mi	7 mi
Week 8	3 mi	30 min	3 mi	<i>Race!</i>

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Advanced 10K

8 Weeks – 5 Days/Week



	Recovery	Pace	Recovery	Pace	Distance
Week 1	4 mi	3 mi	5 mi	40 min	6 mi
Week 2	4 mi	4 mi	5 mi	40 min	7 mi
Week 3	3 mi	4 mi	5 mi	40 min	8 mi
Week 4	4 mi	4 mi	5 mi	35 min	3 mi
Week 5	5 mi	5 mi	7 mi	50 min	8 mi
Week 6	5 mi	4 mi	7 mi	50 min	10 mi
Week 7	5 mi	4 mi	7 mi	45 min	7 mi
Week 8	3 mi	2 mi	3 mi	25 min	<i>Race!</i>

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Advanced 10K

10 Weeks – 3 Days/Week



	Recovery	Pace	Distance
Week 1	5 mi	55 min	6 mi
Week 2	5 mi	60 min	7 mi
Week 3	4 mi	60 min	8 mi
Week 4	5 mi	60 min	9 mi
Week 5	4 mi	55 min	3 mi
Week 6	5 mi	65 min	9 mi
Week 7	6 mi	75 min	7 mi
Week 8	6 mi	75 min	10 mi
Week 9	5 mi	70 min	7 mi
Week 10	4 mi	40 min	Race!

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Advanced 10K

10 Weeks – 4 Days/Week



	Recovery	Pace	Recovery	Distance
Week 1	4 mi	55 min	5 mi	6 mi
Week 2	4 mi	55 min	5 mi	7 mi
Week 3	4 mi	60 min	5 mi	8 mi
Week 4	4 mi	50 min	5 mi	9 mi
Week 5	4 mi	50 min	5 mi	3 mi
Week 6	4 mi	60 min	5 mi	9 mi
Week 7	5 mi	75 min	6 mi	7 mi
Week 8	5 mi	75 min	6 mi	10 mi
Week 9	5 mi	65 min	6 mi	7 mi
Week 10	3 mi	30 min	3 mi	<i>Race!</i>

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Advanced 10K

10 Weeks – 5 Days/Week



	Recovery	Pace	Recovery	Pace	Distance
Week 1	4 mi	3 mi	5 mi	40 min	6 mi
Week 2	4 mi	3 mi	5 mi	40 min	7 mi
Week 3	4 mi	4 mi	6 mi	40 min	8 mi
Week 4	4 mi	3 mi	5 mi	40 min	9 mi
Week 5	3 mi	3 mi	5 mi	35 min	3 mi
Week 6	4 mi	4 mi	6 mi	45 min	9 mi
Week 7	5 mi	5 mi	6 mi	50 min	7 mi
Week 8	4 mi	5 mi	7 mi	50 min	10 mi
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Week 10	3 mi	2 mi	3 mi	25 min	<i>Race!</i>

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Advanced 10K

12 Weeks – 3 Days/Week



	Recovery	Pace	Distance
Week 1	5 mi	55 min	6 mi
Week 2	5 mi	60 min	7 mi
Week 3	5 mi	55 min	8 mi
Week 4	4 mi	40 min	3 mi
Week 5	5 mi	55 min	8 mi
Week 6	5 mi	65 min	7 mi
Week 7	6 mi	60 min	9 mi
Week 8	6 mi	75 min	8 mi
Week 9	5 mi	50 min	3 mi
Week 10	6 mi	75 min	10 mi
Week 11	5 mi	60 min	7 mi
Week 12	4 mi	40 min	<i>Race!</i>

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Advanced 10K

12 Weeks – 4 Days/Week



	Recovery	Pace	Recovery	Distance
Week 1	4 mi	55 min	5 mi	6 mi
Week 2	4 mi	55 min	5 mi	7 mi
Week 3	4 mi	55 min	4 mi	8 mi
Week 4	3 mi	40 min	3 mi	3 mi
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Week 7	4 mi	60 min	6 mi	9 mi
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Week 11	4 mi	55 min	5 mi	7 mi
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Advanced 10K

12 Weeks – 5 Days/Week



	Recovery	Pace	Recovery	Pace	Distance
Week 1	3 mi	3 mi	5 mi	35 min	6 mi
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Week 6	5 mi	4 mi	5 mi	45 min	7 mi
Week 7	4 mi	4 mi	6 mi	45 min	9 mi
Week 8	4 mi	5 mi	6 mi	50 min	8 mi
Week 9	3 mi	3 mi	4 mi	35 min	3 mi
Week 10	4 mi	5 mi	7 mi	50 min	10 mi
Week 11	4 mi	4 mi	5 mi	40 min	7 mi
Week 12	3 mi	2 mi	3 mi	25 min	<i>Race!</i>

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Advanced 10K

14 Weeks – 3 Days/Week



	Recovery	Pace	Distance
Week 1	5 mi	60 min	6 mi
Week 2	4 mi	60 min	7 mi
Week 3	5 mi	60 min	8 mi
Week 4	3 mi	45 min	3 mi
Week 5	5 mi	65 min	7 mi
Week 6	6 mi	60 min	8 mi
Week 7	5 mi	65 min	9 mi
Week 8	4 mi	40 min	4 mi
Week 9	5 mi	60 min	10 mi
Week 10	6 mi	75 min	8 mi
Week 11	6 mi	65 min	10 mi
Week 12	5 mi	60 min	3 mi
Week 13	6 mi	65 min	7 mi
Week 14	4 mi	40 min	Race!

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Advanced 10K

14 Weeks – 4 Days/Week



	Recovery	Pace	Recovery	Distance
Week 1	4 mi	55 min	5 mi	6 mi
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Week 7	5 mi	60 min	5 mi	9 mi
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Week 9	5 mi	60 min	6 mi	10 mi
Week 10	6 mi	75 min	7 mi	8 mi
Week 11	5 mi	70 min	6 mi	10 mi
Week 12	5 mi	60 min	5 mi	3 mi
Week 13	5 mi	70 min	6 mi	7 mi
Week 14	3 mi	30 min	3 mi	Race!

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Advanced 10K

14 Weeks – 5 Days/Week



	Recovery	Pace	Recovery	Pace	Distance
Week 1	4 mi	4 mi	5 mi	40 min	6 mi
Week 2	4 mi	3 mi	5 mi	40 min	7 mi
Week 3	4 mi	3 mi	5 mi	40 min	8 mi
Week 4	3 mi	3 mi	4 mi	35 min	3 mi
Week 5	4 mi	4 mi	6 mi	45 min	7 mi
Week 6	4 mi	4 mi	6 mi	45 min	8 mi
Week 7	4 mi	4 mi	5 mi	45 min	9 mi
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