12-WEEK 10K TRAINING PLAN: BEGINNER

CREATED BY: RYAN HEAD @ REIMAGINE RUNNING

IMPORTANT INFORMATION

Thanks for choosing the Run Farmington 10K training plan! The plan on the next page has been tailored to a general race and base weekly mileage. Every runner, however, is different, and you may need to make individual changes to the plan. Here are some simple guidelines if you need to adjust it to match your training.

Beginning mileage: Each plan has a ramp-up period in the first couple of weeks, where the mileage starts low and slowly builds to your ideal weekly mileage. If you are already running your goal weekly mileage, there is no reason to drop to the lower mileage. Instead, replace the easy runs with your normal longer runs. For example, run weeks 3 and 4 in place of weeks 1 and 2, then repeat weeks 3 and 4 before moving on to week 5.

Workouts: The workouts are all basic workouts that everyone should be able to figure out with the instructions next to the plan. If you need to change them for more advanced workouts, that is fine. Try to keep them a similar intensity to the planned workout, as the intensity of the workouts is balanced with the mileage.

Run on roads as MUCH AS POSSIBLE! You want to get your feet used to the pavement (avoid treadmills when possible). No excuses. =)

Lastly, always consult a physician before beginning any exercise or diet program. Neither Coach Ryan Head nor Race Pace Events are licensed physicians or medical providers; they are a certified running coach and a race organization. In no way should the information provided be considered medical advice, and at all times the advice of a medical professional should supersede recommendations from Coach Ryan Head or Race Pace Events. We assume no responsibility for the improper use of the training plan(s).

MEET COACH RYAN

Ryan has been running his whole life! From his first 5K to his most recent ultramarathon, Ryan has always pushed himself to the next level. In 2018, Ryan ran his first marathon. In 2023, he ran his first 100-mile race, the Wasatch 100, and sees it as the greatest accomplishment of his running journey. He has run countless races, including many marathons and 100-milers, and continues to pursue more year after year. He has also coached many athletes, from the 5K to the 100-miler. He is here to help you accomplish your goals, too!

Coach Ryan is a certified running coach through UESCA. If you have questions, he would love to answer them.

To learn more about his coaching plans and offerings, please scan the QR code below! You can also call or text him with any questions!

801-388-5787



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	SUN	MON	TUE	WED	THU	FRI	SAT	TOTAL WEEKLY MILES	NOTES
WEEK 1 (FEB. 14)	REST	30 MIN WALK	REST	30 MIN WALK/RUN (30 SEC RUNS X2)	REST	30 MIN WALK	2 MILES WALK/RUN (30 SEC RUNS X2)	5-ISH	FOCUS ON BUILDING FITNESS, KEEP PACE EASY IN RPE 1-4.
WEEK 2 (FEB. 21)	REST	30 MIN WALK	REST	30 MIN WALK/RUN (30 SEC RUNS X2)	REST	2 MILES WALK/RUN (30 SEC RUNS X2)	2 MILES WALK/RUN (60 SEC RUNS X4)	6-ISH	FOCUS ON BUILDING FITNESS, KEEP PACE EASY IN RPE 1-4.
WEEK 3 (FEB. 28)	REST	30 MIN WALK	30 MIN WALK	30 MIN WALK/RUN (30 SEC RUNS X2)	REST	2 MILES WALK/RUN (30 SEC RUNS X4)	2 MILES WALK/RUN (60 SEC RUNS X4)	7-ISH	FOCUS ON BUILDING FITNESS, KEEP PACE EASY IN RPE 1-4.
WEEK 4 (MAR. 7)	REST	30 MIN WALK	HILL REPEATS 4 X 20 SEC +2 MILE WALK	2 MILES WALK/RUN (60 SEC RUNS X4)	REST	1 MILE EASY RUN	3 MILES WALK/RUN (60 SEC RUNS X6)	9-10	FOCUS ON BUILDING FITNESS, KEEP PACE EASY IN RPE 1-4.
WEEK 5 (MAR. 14)	REST	30 MIN WALK	1 MILE EASY RUN	2 MILES EASY RUN	REST	2 MILES EASY RUN	4 MILES WALK/RUN (120 SEC RUNS X4)	10	FOCUS ON BUILDING FITNESS AND KEEP RPE AROUND 1-4
WEEK 6 (MAR. 21)	REST	30 MIN WALK	1 MILE EASY RUN	2 MILES EASY RUN	REST	2 MILES EASY RUN	3 MILES EASY RUN	9	FOCUS ON BUILDING FITNESS AND KEEP RPE AROUND 1-4
WEEK 7 (MAR. 28)	REST	2 MILES EASY RUN	HILL REPEATS 6 X 20 SEC +2 MILE WALK	1 MILE EASY RUN	REST	2 MILES EASY RUN +2 STRIDES	4 MILES EASY RUN	11-12	FOCUS ON BUILDING FITNESS, KEEP PACE EASY IN RPE 1-4. ADD THOSE STRIDES ON FRIDAY.
WEEK 8 (APR. 4)	REST	2 MILES EASY RUN	30 MIN WALK	1 MILE EASY RUN	REST	1 MILE EASY RUN	2 MILES EASY RUN	7	RECOVERY WEEK, EACH RUN SHOULD BE EASY AS WE START TO BUILD IN MORE WORKOUTS IN THE WEEKS TO COME.
WEEK 9 (APR. 11)	REST	2 MILES EASY RUN	HILL REPEATS 4 X 30 SEC +2 MILE WALK	2 MILES EASY RUN	REST	2 MILES EASY RUN +2 STRIDES	4 MILES EASY RUN	12-13	THIS WEEK AND THE NEXT WE WILL BE MAKING OUR FINAL PUSHES TO BUILD ENDURANCE. GET YOUR HILL REPEATS IN AND TAKE YOUR EASY DAYS EASY!
WEEK 10 (APR. 18)	REST	3 MILES EASY RUN	HILL REPEATS 6 X 30 SEC +2 MILE WALK	2 MILES EASY RUN	REST	1 MILE EASY RUN	5 MILES LONG RUN	13-14	HARDEST WEEK WITH 5 MILER ON SATURDAY! FOLLOW THE PLAN AND TAKE THOSE EASY DAYS VERY EASY. DO THE HILL REPEATS ON TUESDAY!
WEEK 11 (APR. 25)	REST	2 MILES EASY RUN	2 MILES EASY RUN	1 MILE EASY RUN	REST	1 MILE EASY RUN	2 MILES EASY RUN	8	TAPER TIME! FOLLOW THE PLAN AND ALLOW YOUR BODY TO START TO RECOVER.
WEEK 12 (MAY 2)	REST	2 MILES EASY RUN	2 MILES EASY RUN	REST	REST	OPTIONAL 2 MILE SHAKEOUT OR REST	RACE DAY! 	10-12	CONGRATULATIONS!!!! YOU DID IT!!!!

DEFINITIONS:

- RPE: RATE OF PERCEIVED EXERTION (EX: 1-2 IS A VERY EASY EFFORT, 8-9 IS VERY HARD.)
- REST DAY: NO RUNNING, WALKING IS PERMITTED BUT USE GOOD JUDGEMENT. IF YOU NEED TO REST, BE SURE TO TAKE IT.
- EASY RUN: YOUR RUN SHOULD BE IN RPE 1-4. DON'T GO HIGHER THAN THAT.
- HILL REPEATS: FIND A HILL AND FOCUS ON RUNNING UP IT FOR THE TIME INDICATED. THEN, RUN DOWN SLOWLY AT A VERY EASY PACE. REPEAT IT UNTIL ALL REPS ARE COMPLETED.
- STRIDES: STRIDES ARE SMALL BURSTS OF ACCELERATION. TYPICALLY, STRIDES ARE ABOUT 100 METERS, LAST 20-30 SECONDS. FOR THIS PLAN, THEY CAN BE DONE ONCE EVERY MILE, WHEN PART OF THE TRAINING.