

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!

Beginner 10K

8 Weeks – 3 Days/Week



	Recovery	Pace	Distance
Week 1	2 mi	25 min	3 mi
Week 2	3 mi	30 min	3.5 mi
Week 3	3 mi	30 min	4 mi
Week 4	3 mi	35 min	4 mi
Week 5	3 mi	40 min	4.5 mi
Week 6	4 mi	40 min	5.0 mi
Week 7	4 mi	45 min	5.5 mi
Week 8	3 mi	30 min	Race!

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Beginner 10K

8 Weeks – 4 Days/Week



	Recovery	Pace	Recovery	Distance
Week 1	2 mi	25 min	2 mi	3 mi
Week 2	2 mi	25 min	3 mi	3.5 mi
Week 3	3 mi	30 min	3 mi	4 mi
Week 4	3 mi	40 min	3 mi	4.0 mi
Week 5	3 mi	35 min	4 mi	4.5 mi
Week 6	3 mi	40 min	3 mi	5.0 mi
Week 7	3 mi	40 min	4 mi	5.5 mi
Week 8	3 mi	20 min	2 mi	Race!

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Beginner 10K

8 Weeks – 5 Days/Week



	Recovery	Pace	Recovery	Pace	Distance
Week 1	2 mi	2 mi	3 mi	20 min	3 mi
Week 2	2 mi	2 mi	3 mi	25 min	3.5 mi
Week 3	2 mi	2 mi	3 mi	20 min	4 mi
Week 4	2 mi	2 mi	4 mi	25 min	4 mi
Week 5	2 mi	3 mi	4 mi	25 min	4.5 mi
Week 6	3 mi	3 mi	4 mi	30 min	5.0 mi
Week 7	3 mi	3 mi	4 mi	30 min	5.5 mi
Week 8	3 mi	20 min	2 mi	15 min	<i>Race!</i>

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Beginner 10K

10 Weeks – 3 Days/Week



	Recovery	Pace	Distance
Week 1	2 mi	25 min	3 mi
Week 2	2.5 mi	30 min	3 mi
Week 3	3 mi	30 min	3.5 mi
Week 4	3 mi	35 min	3.5 mi
Week 5	4 mi	35 min	4 mi
Week 6	3 mi	40 min	4.5 mi
Week 7	4 mi	40 min	5.0 mi
Week 8	3 mi	45 min	4 mi
Week 9	4 mi	45 min	5.5 mi
Week 10	3 mi	30 min	<i>Race!</i>

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Beginner 10K

10 Weeks – 4 Days/Week



	Recovery	Pace	Recovery	Distance
Week 1	2 mi	25 min	2 mi	3 mi
Week 2	2.5 mi	30 min	3 mi	3 mi
Week 3	3 mi	35 min	3 mi	3.5 mi
Week 4	3 mi	35 min	3 mi	3.5 mi
Week 5	3 mi	35 min	3 mi	4 mi
Week 6	3 mi	40 min	3 mi	4.5 mi
Week 7	3 mi	40 min	4 mi	5.0 mi
Week 8	3 mi	45 min	4 mi	4 mi
Week 9	3 mi	45 min	4 mi	5.5 mi
Week 10	3 mi	20 min	2 mi	<i>Race!</i>

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Beginner 10K

10 Weeks – 5 Days/Week



	Recovery	Pace	Recovery	Pace	Distance
Week 1	2 mi	2 mi	3 mi	20 min	3 mi
Week 2	2 mi	2mi	3 mi	20 min	3 mi
Week 3	2 mi	2mi	3mi	20 min	3.5 mi
Week 4	2 mi	2 mi	3 mi	25 min	3.5 mi
Week 5	2 mi	3 mi	3 mi	25 min	4.0 mi
Week 6	3 mi	3 mi	4 mi	25 min	4.5 mi
Week 7	3 mi	2 mi	4 mi	30 min	5.0 mi
Week 8	3 mi	3 mi	4 mi	30 min	4 mi
Week 9	2 mi	3 mi	4 mi	30 min	5.5 mi
Week 10	3 mi	20 min	2 mi	15 min	<i>Race!</i>

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Beginner 10K

12 Weeks – 3 Days/Week



	Recovery	Pace	Distance
Week 1	2 mi	20 min	2.5 mi
Week 2	2.5 mi	25 min	3 mi
Week 3	3 mi	30 min	3.5 mi
Week 4	2 mi	25 min	3 mi
Week 5	3 mi	35 min	3.5 mi
Week 6	3 mi	40 min	4 mi
Week 7	3 mi	40 min	4.5 mi
Week 8	3 mi	40 min	5 mi
Week 9	3 mi	30 min	3 mi
Week 10	4 mi	45 min	4.5 mi
Week 11	4 mi	40 min	5.5 mi
Week 12	3 mi	30 min	<i>Race!</i>

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Beginner 10K

12 Weeks – 4 Days/Week



	Recovery	Pace	Recovery	Distance
Week 1	2 mi	20 min	2 mi	2.5 mi
Week 2	2 mi	25 min	2.5 mi	3 mi
Week 3	2 mi	30 min	3 mi	3.5 mi
Week 4	2 mi	25 min	2 mi	3 mi
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Week 6	3 mi	40 min	3 mi	4 mi
Week 7	3 mi	40 min	3 mi	4.5 mi
Week 8	3 mi	40 min	3 mi	5 mi
Week 9	2 mi	30 min	3 mi	3 mi
Week 10	4 mi	45 min	4 mi	4 mi
Week 11	3 mi	40 min	4 mi	5.5 mi
Week 12	3 mi	20 min	2 mi	<i>Race!</i>

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Beginner 10K

12 Weeks – 5 Days/Week



	Recovery	Pace	Recovery	Pace	Distance
Week 1	2 mi	2 mi	2 mi	15 min	2.5 mi
Week 2	2 mi	2 mi	2.5 mi	20 min	3 mi
Week 3	2 mi	2 mi	3 mi	25 min	3.5 mi
Week 4	1.5 mi	1.5 mi	2 mi	15 min	3 mi
Week 5	2 mi	2 mi	3mi	25 min	3.5 mi
Week 6	3 mi	2 mi	3mi	25 min	4 mi
Week 7	2 mi	3 mi	3.5 mi	25 min	4.5 mi
Week 8	3 mi	3 mi	3 mi	30 min	5 mi
Week 9	2 mi	2 mi	3 mi	20 min	3 mi
Week 10	3 mi	3 mi	4 mi	30 min	4 mi
Week 11	3 mi	3 mi	4 mi	30 min	5.5 mi
Week 12	3 mi	20 min	2 mi	15 min	<i>Race!</i>

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Beginner 10K

14 Weeks – 3 Days/Week



	Recovery	Pace	Distance
Week 1	2 mi	20 min	2.5 mi
Week 2	2 mi	25 min	3 mi
Week 3	2.5 mi	30 min	3.5 mi
Week 4	3 mi	20 min	3 mi
Week 5	3 mi	35 min	3.5 mi
Week 6	3 mi	40 min	4 mi
Week 7	3.5 mi	40 min	4.5 mi
Week 8	3 mi	30 min	3 mi
Week 9	4 mi	40 min	4.5 mi
Week 10	4 mi	45 min	5 mi
Week 11	4 mi	45 min	4 mi
Week 12	3 mi	30 min	4.5 mi
Week 13	3 mi	45 min	5.5 mi
Week 14	3 mi	30 min	Race!

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Beginner 10K

14 Weeks – 4 Days/Week



	Recovery	Pace	Recovery	Distance
Week 1	2 mi	20 min	2 mi	2.5 mi
Week 2	2 mi	25 min	3 mi	3 mi
Week 3	2 mi	30 min	3 mi	3.5 mi
Week 4	2 mi	25 min	3 mi	3 mi
Week 5	3 mi	35 min	3 mi	3.5 mi
Week 6	3 mi	35 min	3 mi	4 mi
Week 7	3 mi	40 min	3 mi	4.5 mi
Week 8	2 mi	30 min	3 mi	3 mi
Week 9	4 mi	40 min	4 mi	4.5 mi
Week 10	4 mi	45 min	4 mi	5 mi
Week 11	3 mi	45 min	4 mi	4 mi
Week 12	2 mi	30 min	3 mi	3 mi
Week 13	3 mi	35 min	3 mi	5.5 mi
Week 14	3 mi	20 min	2 mi	Race!

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Beginner 10K

14 Weeks – 5 Days/Week



	Recovery	Pace	Recovery	Pace	Distance
Week 1	2 mi	2 mi	2 mi	15 min	2.5 mi
Week 2	2 mi	2mi	2.5 mi	20 min	3 mi
Week 3	2 mi	2 mi	3 mi	20 min	3.5 mi
Week 4	2 mi	2 mi	2 mi	15 min	3 mi
Week 5	2 mi	2 mi	3 mi	25 min	3.5 mi
Week 6	2 mi	3 mi	3 mi	25 min	4 mi
Week 7	3 mi	3 mi	3.5 mi	25 min	4.5 mi
Week 8	2 mi	2 mi	3 mi	20 min	3 mi
Week 9	3 mi	3 mi	4 mi	30 min	4.5 mi
Week 10	3 mi	3 mi	4 mi	35 min	5 mi
Week 11	3 mi	3 mi	4 mi	30 min	5.5 mi
Week 12	2 mi	2 mi	3 mi	20 min	3 mi
Week 13	3 mi	3 mi	4 mi	25 min	5.5 mi
Week 14	3 mi	20 min	2 mi	15 min	Race!

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