

## ADVANCED 10K TRAINING PROGRAM

Welcome to the Advanced 10K Training Program! We are excited to have you on board!! The A10K Program is a training plan to get you to peak for the Monument 10K Race. We will provide a range of weekly guidance & volume - each week increasing both the distance and speed. Both endurance and turnover are important aspects, and we want to concentrate on those as we move thru the program. This is meant as a guide, not set in stone so please treat it as such. Rest is an important component of any training program, but everyone is different. This is not one size fits all program, so it is important you recognize your abilities and adjust accordingly. We will split into 6 teams depending on estimated finishing times. Each team will have at least 2 coaches who will coordinate training and adjust it to your team. Lastly, there are folks running other races during this time and we anticipate getting those runners ready for their day too.

TRACK: This is an important component to the program. As many know, the SportsBackers track is not available to us and therefore, as of the start, we may/may not have a track for our Tuesday workouts. Logistics such as lighting, parking, public use, numbers, etc., played into this decision. WE ARE CONTINUING TO SEARCH. This does not absolve you from those workouts!! Work with members of your team or another teams and coaches to plan your session. It may work for you mornings or evenings with your team, others in your group, or another team. Be flexible. Pacing guidance will adhere to Tom Schwarts' Critical Velocity training and calculator: <https://www.finalsurge.com/tinman-calculator>

We will leave for our runs at 8AM Saturdays. Please arrive 10 minutes early or so for a few words of wisdom and to assemble with your team. There will be an option to run 2-mile loops (up to 2) prior for those who want more miles. We will meet at 7:15 for the early miles (4).

# January 2026

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
28	29	30	31	1 New Year's Day	2	3
				FIRST DAY 5K		
				Warner's Favorite		
4	5	6	7	8	9	10
11	12	13	14	15	16	17
18	19	20	21	22	23	24
	REST/X-TRAIN					1 <sup>st</sup> DAY A10K!!
3 - 5 MILES		5 MILES	3-4 MILES	4 MILES	REST	5 MILES
						1 MILE TEMPO
	M L King Day					
25	26	27	28	29	30	31
FROSTBITE 15K	REST/X-TRAIN	TRACK 2x1200				6-7 MILES
3 - 5 MILES			3 MILES	4 - 5 MILES	REST	1 MILE TEMPO
		**5 Miles Total				
		Including Track**				

# February 2026

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
1	2	3	4	5	6	7
3 - 5 MILES	REST/X-TRAIN	TRACK 8 x 400	3 MILES	5 MILES	REST	7 MILES 1.5 MILE TEMPO
8	9	10	11	12	13	14
3 - 5 MILES	REST/X-TRAIN	TRACK 2 x 400 4 x 800	3 MILES	5 - 6 MILES	REST	7 MILES 2 MILES TEMPO
15	16	17	18	19	20	21
3 - 5 MILES	REST/X-TRAIN <i>Presidents' Day</i>	TRACK 1 x 800 3 x 1200	3 MILES	6 - 7 MILES	REST	7 - 8 MILES 2.5 MILE TEMPO
22	23	24	25	26	27	28
3 - 5 MILES	REST/X-TRAIN	TRACK Ladder 400-800-1200- 1200-800-400	3 MILES	6 - 7 MILES	REST	8 - 9 MILES 3 MILES TEMPO
		TUESDAYS				
		**5+ Miles Total				
		Including Track**				

# March 2026

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
1	2	3	4	5	6	7
3 - 5 MILES	REST/X-TRAIN	TRACK	3 MILES	7 MILES	REST	9 - 10 MILES
*ONE CITY*		3 x 1200				3.5 MILES TEMPO
*MARATHON*		2 x 800				
		1 x 400				RIVER CITYHALF*
8	9	10	11	12	13	14
3 - 5 MILES	REST/X-TRAIN	TRACK	3 MILES	7+ MILES	REST	10 MILES
		1200 - 1600 -				4 MILES TEMPO
		1200 - 400				
15	16	17	18	19	20	21
3 - 5 MILES	REST/X-TRAIN	TRACK	3 MILES	5 - 7 MILES	REST	10+ MILES
		1 x 1200				4.5 MILES TEMPO
		4 x 800				
		4 x 400				
22	23	24	25	26	27	28
3 - 5 MILES	REST/X-TRAIN	TRACK	3 MILES	5-7 MILES	REST	10+ MILES
*SHAMROCK*		1 x 1600				5 MILES TEMPO
HALF & FULL		4 x 800				
MARATHONS						
29	30	31		TUESDAYS		
3 - 5 MILES	REST/X-TRAIN	TRACK				
		4 x 800		**5+ Miles Total		
		4 x 400		Including Track		

# April 2026

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
		<b>TUESDAYS</b>	1	2	3	4
3 - 5 MILES			3 MILES	7 MILES	REST	8 - 10+ MILES
		<b>**5+ Miles Total Including Track</b>				3-4 MILES TEMPO
					Good Friday	
5	6	7	8	9	10	11
3 - 5 MILES	REST/X-TRAIN	TRACK	3 MILES	7 MILES	REST	6 MILES
		8 x 400 2 x 200				2 - 3 TEMPO
Easter Sunday						
12	13	14	15	16	17	18
3 - 5 MILES	REST/X-TRAIN	TRACK	3 MILES	REST OR SLOW 4 MILES	2-3 MILES SHAKEOUT	UKROPS MONUMENT 10K
		2 x 400 6 x 200				
19	20	21	22	23	24	25
						POST RACE RUN??
26	27	28	29	30		
3 - 5 MILES RECOVERY						