

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 REST/X-TRAIN 3 - 5 MILES M L King Day	20 5 MILES	21 3-4 MILES	22 4 MILES	23 REST	24 1 st DAY A10K!! 5 MILES 1 MILE TEMPO
25 FROSTBITE 15K 3 - 5 MILES	26 REST/X-TRAIN	27 TRACK 2x1200 **5 Miles Total Including Track**	28 3 MILES	29 4 - 5 MILES	30 REST	31 6-7 MILES 1 MILE TEMPO

February 2026

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

March 2026

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

April 2026

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