

## **12-Week Beginner Trail 10k Plan for 2026 Juneteenth 10k Trail Race**

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### **How to Use This Plan**

This plan is A GUIDE. You do not need to hit the exact mileage or exact times. You have the option to be guided by times or by mileage. Trail running is effort-based so your pace will change according to the terrain, elevation, and the weather. VERY NORMAL.

### **Key Running Terms**

*RPE (Rate of Perceived Exertion):* A way to measure how hard a run feels.

*Pickups/ Speed-Ups:* Short 20-30 second smooth accelerations. Not sprinting.

*Hill Efforts:* Short uphill segments at a strong but controlled effort. Walk or jog down to recover.

*Long Run:* Your longest run of the week. Focus on endurance, not speed.

*Cutback Week:* A lighter week to allow recovery and adaptation.

*Taper:* Reduced mileage before race day to feel fresh and ready.

### **Effort Guide**

Easy (RPE 4-5): Conversational effort.

Steady (RPE 6-7): Breathing heavier but controlled.

Strong (RPE 7-8): Short hill efforts only.

### **Treadmill Guide (for indoor treadmill replacement runs)**

Easy runs: 1% incline.

Steady efforts: 2-3% incline.

Hill intervals: 6-8% incline.

Long runs: 2% base incline + short 3-5% segments in between to mimic rolling hills.

### **Week 1**

Tues - 25 min easy (2.5 miles)

Fri - 20 min easy + pickups (2 miles)

Sat - 45 min trail (4 miles)

**Total: 1 hr 30 min (8.5 miles)**

### **Week 2**

Tues - 30 min easy (3 miles)

Fri -25 min hill efforts (2.5 miles)

Sat - 50 min trail (4.5 miles)

**Total: 1 hr 45 min (10 miles)**

**Week 3**

Tues - 30 min easy (3 miles)

Fri - 30 min steady (3 miles)

Sat - 55 min trail (5 miles)

**Total: 1 hr 55 min (11 miles)**

**Week 4**

Tues - 35 min easy (3.5 miles)

Fri - 30 min hill efforts (3 miles)

Sat - 60 min trail (5 miles)

**Total: 2 hr 5 min (11.5 miles)**

**Week 5**

Tues - 35 min easy (3.5 miles)

Fri - 35 min steady (3.5 miles)

Sat - 60 min trail (5 miles)

**Total: 2 hr 10 min (12 miles)**

**Week 6**

Tues - 40 min easy (4 miles)

Fri - 35 min hill efforts (3.5 miles)

Sat - 65 min trail (5.5 miles)

**Total: 2 hr 20 min (13 miles)**

**Week 7**

Tues - 40 min easy (4 miles)

Fri - 40 min steady (4 miles)

Sat - 70 min trail (5.5 miles)

**Total: 2 hr 30 min (13.5 miles)**

**Week 8 (*Cutback Week*)**

Tues - 30 min easy (3 miles)

Fri - 30 min steady (3 miles)

Sat - 55 min trail (5 miles)

**Total: 1 hr 55 min (11 miles)**

**Week 9**

Tues - 40 min easy (4 miles)  
Fri - 40 min hill efforts (4 miles)  
Sat - 70 min trail (5.5 miles)  
**Total: 2 hr 30 min (13.5 miles)**

### **Week 10**

Tues - 40 min easy (4 miles)  
Fri - 40 min steady (4 miles)  
Sat - 75 min trail (6 miles)  
**Total: 2 hr 35 min (14 miles)**

### **Week 11 (Taper)**

Tues - 35 min easy (3.5 miles)  
Fri - 30 min hill efforts (3 miles)  
Sat - 60 min trail (5 miles)  
**Total: 2 hr 5 min (11.5 miles)**

### **Week 12**

Tues - 25 min easy (2.5 miles)  
Fri - 20 min easy + pickups (2 miles)  
Sat - **Race Day** (80 min / 6.2 miles)  
**Total: 2 hr 5 min (10.7 miles)**