

12-Week Intermediate / Advanced Trail 10K Plan for 2026 Juneteenth 10k Trail Race

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How to Use This Plan

This plan builds performance through structured consistency where you will run by effort and not by pace. However, you have the option to be guided by time on feet or by mileage. Trail terrain rewards strength and control. Your long runs will evolve in purpose, not just in distance, but to build trail race readiness.

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 and terrain control.

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

Taper: Reduced mileage before race day to feel fresh.

Effort Guide

Easy (RPE 4-5): Conversational effort.

Steady (RPE 6-7): Sustained, controlled effort.

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 3-6% segments in between to mimic rolling hills.

Week 1

Tues - 40 min easy (4 miles)

Fri - 40 min steady (4 miles)

Sat - 60 min trail (4.5 miles)

Total: 2 hr 20 min (12.5 miles)

Week 2

Tues - 45 min easy (4.5 miles)

Fri - 45 min hill efforts (4.5 miles)

Sat - 65 min trail (5 miles)
Total: 2 hr 35 min (14 miles)

Week 3

Tues - 50 min easy (5 miles)
Fri - 45 min steady (4.5 miles)
Sat - 70 min trail (5.5 miles)
Total: 2 hr 45 min (15 miles)

Week 4 (Cutback)

Tues - 40 min easy (4 miles)
Fri - 35 min steady (3.5 miles)
Sat - 60 min relaxed trail (5 miles)
Total: 2 hr 15 min (12.5 miles)

Week 5

Tues - 50 min easy (5 miles)
Fri - 50 min steady (5 miles)
Sat - 70 min trail w/ final 10 min steady (5.5 miles)
Total: 2 hr 50 min (15.5 miles)

Week 6

Tues - 50 min easy (5 miles)
Fri - 50 min hill efforts (5 miles)
Sat - 70 min trail w/ 6 x 1 min uphill (5.5 miles)
Total: 2 hr 50 min (15.5 miles)

Week 7

Tues - 55 min easy (5.5 miles)
Fri - 50 min steady (5 miles)
Sat - 75 min trail w/ middle 20 min steady (5.5 miles)
Total: 3 hr 0 min (16 miles)

Week 8 (Cutback)

Tues - 45 min easy (4.5 miles)
Fri - 40 min steady (4 miles)
Sat - 65 min relaxed trail (5 miles)
Total: 2 hr 30 min (13.5 miles)

Week 9

Tues - 55 min easy (5.5 miles)
Fri - 55 min hill efforts (5.5 miles)
Sat - 75 min trail w/ 2 x 10 min steady (5.5 miles)
Total: 3 hr 5 min (16.5 miles)

Week 10

Tues - 55 min easy (5.5 miles)
Fri - 55 min steady (5.5 miles)
Sat - 75 min race-simulation trail effort (5.5 miles)
Total: 3 hr 5 min (16.5 miles)

Week 11 (Taper)

Tues - 40 min easy (4 miles)
Fri - 35 min easy + pickups (3.5 miles)
Sat - 60 min relaxed trail (5 miles)
Total: 2 hr 15 min (12.5 miles)

Week 12 (Race Week)

Tues - 30 min easy (3 miles)
Fri - 25 min easy + pickups (2.5 miles)
Sat - Race Day (80 min / 6.2 miles)
Total: 2 hr 15 min (11.7 miles)