

CONQUERING THE 10K



A complete guide to running your first 10k. *Conquering The 10k Plan* has everything you'll need to succeed including bonus tips and tricks for race day success.

**TRAINING PLAN
+ CALENDAR**

**BONUS WEEKLY
TRAINING JOURNAL +
10 TIPS AND TRICKS
FOR RACE DAY**

**FREE
DOWNLOAD**



hello, my name is

Jace Morgan

and this is

All About Me

I am a husband, father, and coach, but I am also a professional athlete. I'm on a journey to discover my true potential and

make a positive impact in the world by sharing my story and my journey. Running has had a profound impact on my life. It helped me overcome so many challenges, find clarity, and build strength both physically and mentally. I am so excited for you to start your journey and discover running for yourself. I have created these resources with the goal of making running and a healthy lifestyle attainable and easy to access for everyone.



Rikki



Bre

My Girls

Fun Facts:

- I started running to escape depression. Running saved my life.
- I eat candy every single day.
- My favorite running weather is during a summer thunderstorm.
- I ran my first ever 10k in 1:12:34 in 2020.

What's Included

In The Plan



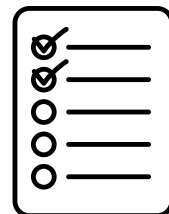
Complete Training Calendar

The training calendar includes everything you need to take the guesswork out of distances and workouts, week by week.



Weekly + Monthly Goals

Conquer your goals both in and out of your workouts. The training plan includes areas to write and organize all of your goals.



Training Planner + Checklist

The training planner and checklist has everything you'll need to keep your thoughts and your progress on track. All you have to do is follow along and put in the work.

GETTING STARTED

CONQUERING THE 10K 10k Training Plan (12 weeks)

Weeks 1-4: Building

Week 1-4 Progression: The goal of the first 4 weeks is to get moving and get your body used to the increased work load. DO NOT go out and start running the 10k program without first assessing if you are ready. For some, you may be active enough that you can jump right into this program but do so carefully. Unless you are already walking 10,000+ steps a day I would start with the Couch To 5k Program on www.jacemorgan.com

- Week 1: Walk for 2 minutes, jog for 5 minutes, walk for 2 minutes (repeat 3x).
- Week 2: Walk 3 minutes, jog 8 minutes, walk 3 minutes (repeat 2x).
- Week 3: Walk 3 minutes, jog 9 minutes, walk 3 minutes (repeat 2x).
- Week 4: Walk 2 minutes, jog 7 minutes, walk 2 minutes seconds (repeat 3x).

Weeks 5-8: Pacing + Endurance

Week 5-8 Progression: The goal of these weeks is to build your endurance and to start understanding pacing and how fast you can run for any given time. This will be a critical element of successfully completing a 10k to ensure you don't "Blow Up" or go too fast.

- Week 5: 2 run workouts, 1 long run (3 Miles), 4 rest days
- Week 6: 2 run workouts, 1 long run (3.5 Miles), 1 recovery workout, 3 rest days
- Week 7: 2 run workouts, 1 long run (4 Miles), 1 recovery workout, 3 rest days
- Week 8: 2 run workouts, 1 long run (5 Miles), 1 recovery workout, 3 rest days

Weeks 9-12: Endurance + Taper/Rest

Week 9-12 Progression: The goal of these last weeks is to both build your endurance and your confidence. Remember back to where you started each time you go out for a run. After you finish week 12 you are ready to go for that 10k run. Do a proper warmup and remember to start out slow. Better to start slow and finish strong! Good Luck.

- Week 9: 1 run workouts, 2 long run (4 Miles), 1 recovery workout, 3 rest days
- Week 10: 2 run workouts, 1 long run (5 Miles), 1 recovery workout, 3 rest days
- Week 11: 1 run workouts, 2 long run (4.5 Miles), 1 recovery workout, 3 rest days
- Week 12: 1 long run (5 Miles), 1 recovery workout, 4 rest days, *10K Run!*

TRAINING

CALENDAR

CONQUERING THE 10K

10k Training Plan (12 weeks)

Week 1	Walk 20 min.	Walk for 2 minutes, jog for 5 minutes, walk for 2 minutes (repeat 3x).	Rest or cross-train (e.g., yoga, cycling, Walking)	Walk for 2 minutes, jog for 5 minutes, walk for 2 minutes (repeat 3x).	Rest	Walk 20 minutes briskly	Rest
Week 2	Walk 90 Seconds, jog 30 seconds (repeat 8x)	Rest (recovery e.g., yogo, stretching, massage)	Walk 3 minutes, jog 8 minutes, walk 3 minutes (repeat 2x).	Walk 90 Seconds, jog 30 seconds (repeat 8x)	Rest	Walk 3 minutes, jog 8 minutes, walk 3 minutes (repeat 2x).	Rest
Week 3	Walk 1 minute, jog 1 minute (repeat 6x)	Rest (recovery e.g., yogo, stretching, massage)	Walk 3 minutes, jog 9 minutes, walk 3 minutes (repeat 2x).	Walk 40 minutes briskly	Rest	Walk 3 minutes, jog 9 minutes, walk 3 minutes (repeat 2x).	Walk 1 minute, jog 1 minute (repeat 6x)
Week 4	Walk for 3 minutes, jog for 3 minutes, walk for 3 minutes (repeat 3x)	Rest (recovery e.g., yogo, stretching, massage)	Walk 2 minutes, jog 7 minutes, walk 2 minutes seconds (repeat 3x).	Walk for 3 minutes, jog for 3 minutes, walk for 3 minutes (repeat 3x)	Rest	Walk 45 minutes briskly	Walk 2 minutes, jog 7 minutes, walk 2 minutes seconds (repeat 3x).

TRAINING

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10k Training Plan (12 weeks)

Week 5	Jog 2 miles at an easy pace.	Rest (recovery e.g., yogo, stretching, massage)	Jog 1 mile, walk 0.25 miles (repeat 4x).	Long run: 3 miles jog/walk.	Rest	Walk 45 minutes briskly	Rest
Week 6	Jog 2.5 miles at an easy pace.	Rest (recovery e.g., yogo, stretching, massage)	Jog 1.5 miles, walk 0.25 miles (repeat 3x).	Long run: 3.5 miles jog/walk.	Rest	Walk 45 minutes briskly	Rest
Week 7	Jog 3 miles at an easy pace.	Rest (recovery e.g., yogo, stretching, massage) st	Jog 2 miles, walk 0.25 miles (repeat 2x).	Long run: 4 miles jog/walk.	Rest	Walk 45 minutes briskly	Rest
week 8	Jog 3.5 miles at an easy pace.	Rest (recovery e.g., yogo, stretching, massage)	Jog 2 miles, walk 0.25 miles (repeat 2x).	Long run: 5 miles jog/walk.	Rest	Rest	Walk 45 minutes briskly

TRAINING

CALENDAR

CONQUERING THE 10K

10k Training Plan (12 weeks)

Week 9	Long run: 4 miles jog/walk.	Rest (recovery e.g., yogo, stretching, massage)	Jog 2.5 miles, walk 0.25 miles (repeat 2x).	Long run: 4 miles jog/walk.	Rest	Walk 45 minutes briskly	Rest
Week 10	Jog 4.5 miles at an easy pace.	Rest (recovery e.g., yogo, stretching, massage)	Jog 2.5 miles, walk 0.25 miles (repeat 2x).	Long run: 5 miles jog	Rest	Walk 45 minutes briskly	Rest
Week 11	Jog 1 miles, walk 0.25 miles (repeat 3x).	Rest (recovery e.g., yogo, stretching, massage) st	Jog 2 miles, walk 0.25 miles (repeat 2x).	Long run: 4.5 miles jog	Rest	Walk 45 minutes briskly	Rest
week 12	Jog 5 miles at an easy pace.	Rest (recovery e.g., yogo, stretching, massage)	Jog 2 miles at an easy pace.	Walk 60 minutes briskly	Rest	Rest	Run 10k!!

TRAINING JOURNAL

WEEK 1

Things that I am looking forward to during this journey:

My "WHY" for this journey is:

Running Reflections:

The thing I am most scared of during training the next 12 weeks is:

3 Things I am proud of myself for before this journey are:

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-
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TRAINING JOURNAL

WEEK 12

Things that I am grateful for during this journey:

My new goals after accomplishing the 10k are:

The most memorable "runners high" moment for me was:

The hardest week of training for me was:

3 Things that changed about me during my 10k training are:

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-
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CONQUERING THE 10K

Race Day Tips & Tricks

Start Slow and Steady

Resist the urge to go out too fast. Stick to your training pace during the first few miles—your body will thank you later.

Practice Your Nutrition

Use the same gels, chews, or hydration strategies you practiced during training. Don't try anything new on race day.

Lay Out Your Gear the Night Before

Set out your clothes, shoes, bib, and anything else you'll need. It eliminates morning stress.

Arrive Early

Give yourself plenty of time to park, find the start line, use the bathroom, and soak in the atmosphere. It helps calm nerves.

Dress for the Weather

Wear moisture-wicking layers and dress as if it's 10-15°F warmer than the actual temperature (you'll warm up once you start running).

Break the Race into Segments

Mentally divide the race into smaller chunks—e.g., focus on getting through the first 5K, then the halfway mark, and so on.

Run Your Own Race

Don't get caught up in the pace of others. Stick to what you trained for and trust your plan.

Smile and Enjoy It

High-five spectators, take in the scenery, and embrace the experience. A positive mindset makes a big difference.

Hydrate Early and Often

Don't wait until you're thirsty to drink. Take small sips of water or electrolyte drinks at the aid stations.

Visualize the Finish Line

Picture yourself crossing the line strong and smiling. Use this visualization to push through tough moments during the race.

CONQUERING

THE 10K

Most Common Questions

What should I eat before the race?

Stick with a familiar meal, usually 2-3 hours before the race. Focus on carbs with a little protein, like oatmeal with banana or toast with peanut butter.

How do I deal with pre-race nerves?

Focus on what you can control: gear, pacing, and nutrition. Deep breathing and positive self-talk also help.

What pace should I run?

Stick to your long-run training pace or a comfortable effort where you can still talk. Save energy for the last few miles.

Should I carry my own water?

It depends on personal preference. If you trained with a hydration belt or bottle, bring it. Otherwise, use the aid stations.

What do I do if I feel like quitting during the race?

Break the distance into smaller milestones and focus on reaching the next mile. Use mantras like, "One step at a time."

What if I have to use the bathroom?

There are porta-potties along the course. If you need to stop, take a quick break and get back into your rhythm.

How should I warm up?

For longer races like a half marathon, your first mile can serve as a warm-up. Stretch lightly and do dynamic movements before starting.

What if I get a cramp?

Slow down, breathe deeply, and gently massage the cramp. Staying hydrated can also prevent cramps.

Can I listen to music?

Check the race rules. If it's allowed, use one earbud or keep the volume low to stay aware of your surroundings.

What should I do after the race?

Walk around to cool down, drink water or a recovery drink, and eat something with carbs and protein within 30 minutes to aid recovery.

CONGRATS

YOU DID IT!

I am so proud of you

Keep Going...

Thank you for trusting me and embarking on this Couch to 5k journey. Completing this program is no small feat, and I'm beyond proud of you for taking that first step, sticking with it, and pushing yourself through every challenge along the way. You've just proven to yourself that you're capable of so much more than you imagined, and that's an incredible achievement.

Now that you've conquered the 10k, why stop here? If you're ready for your next adventure, I invite you to join me in my next program, "My First 1/2 Marathon". Or, if you have other running or fitness goals you'd like to tackle, let's work together through one-on-one coaching. I'd love to help you continue this journey and explore just how far you can go.

If this program has inspired you or helped you in any way, please share your story with others. Tell your friends, post about your journey, and help spread the word about these free resources so more people can take that first step toward their goals, just like you did.

As you move forward, remember this: you are stronger than you know, and every step you take is proof of your growth. Keep challenging yourself, keep believing in your potential, and keep striving for more. You've already come so far—imagine where you could be next.

I'm so proud of you. Now, let's keep the momentum alive and start on your next goal!

Proud of you.

Jace