MCP SERVER | NO CODE | CLOUD HOSTED

Running Mileage 10% Rule MCP for AI Agents

Creating Safe, Structured Training Progression Plans

Running Mileage 10% Rule helps you build safe and sustainable running training plans. This MCP calculates week-by-week mileage progressions from your current distance toward a major goal, strictly following established safety rules like the 10% growth rule and capping volatility to prevent injury. It provides immediate checks on proposed runs, letting coaches or athletes know exactly if an increase is too aggressive for safe progress.

A+ Quality Score 100/100

running | fitness | training | injury-prevention | mileage

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vinkius.com/mcp/running-mileage-10-rule

SCAN TO VIEW

The connectivity layer between AI and the world's software.

Vinkius sits between AI and every application. All communication passes through Vinkius Cloud via the Model Context Protocol (MCP) — with governance, observability, and security at every layer.

Your AI Connections Run Through Vinkius Cloud

The world's largest managed MCP catalog

Vinkius is the connectivity layer where AI connects to the software your business already runs. We handle the hosting, the security, the credentials, the uptime — you get agents that actually do things.

We operate the world's largest managed MCP catalog. Major SaaS platforms, CRMs, databases, and cloud providers — running, monitored, production-ready. This MCP server is hosted and maintained by the Vinkius Cloud for AI Agents.

> *The agent doesn't manage credentials, doesn't manage uptime, doesn't manage security. Vinkius does.*
>
> — Architecture principle

Four Pillars of the Vinkius Runtime

01 — Security by design

Credentials stay encrypted at rest via AES-256. The AI agent never touches raw keys — they're injected into a sandboxed V8 isolate at runtime. Actions are logged, and connections have an emergency kill switch.

02 — Built on MCP Fusion

This MCP server was built with **MCP Fusion**, the open-source framework (Apache 2.0) that powers the entire Vinkius catalog. Schema-as-firewall strips undeclared fields, compiled PII redaction runs at zero overhead, and cryptographic lockfiles produce git-diffable audit trails.

03 — Deterministic observability

Eight immutable metrics per endpoint: request volume, p95 latency, error rate, active connections, cost attribution. A live payload feed logs every tool call with mutation detection.

04 — Autonomous operations

Servers are deployed, monitored, and patched autonomously. New capabilities and security patches ship weekly. Zero-downtime deployments ensure continuous availability across all managed MCP servers.

AES-256	Ed25519	24h TTL	V8 Isolate
Encryption at rest	PKI vault signatures	Ephemeral session keys	Sandboxed execution

One Token. Instant Access.

Every MCP server on Vinkius is accessed through a **Connection Token**. Tokens are generated in the cloud dashboard and produce a unique MCP endpoint URL. Paste this URL into any MCP-compatible client — no SDK required.

A single token can serve **multiple AI clients simultaneously**, or you can issue separate tokens per client for granular access control. Each token tracks its own request count, last activity timestamp, and can be individually enabled or revoked.

MCP ENDPOINT

```
https://edge.vinkius.com/{token}/mcp
```

Claude · Cursor · VS Code · Windsurf · Grok · Gemini

Security Is the Architecture

Security in Vinkius is not a feature — it's the foundation of the runtime. The gateway enforces multiple independent protection layers between AI agents and third-party APIs.

01 — Ed25519 PKI Vault

Every workspace has an Ed25519 Master Key. Session keys are generated ephemerally (24h TTL) and signed by the Master Key. Credentials never leave the vault boundary.

02 — V8 Isolate Sandboxing

Tool code runs inside isolated-vm V8 isolates with 64 MB memory caps and per-request timeouts. No filesystem access, no network access except through the SSRF-guarded fetch bridge.

03 — SSRF Guard

All outbound HTTP requests are DNS-resolved and validated before execution. Private IP ranges (10.x, 172.16-31.x, 192.168.x, AWS metadata 169.254.x) are blocked at the network layer.

04 — DLP & PII Redaction

A ResponseGuard pipeline intercepts every tool response. Configurable redaction patterns strip sensitive fields (emails, SSNs, card numbers) before data reaches the AI agent.

05 — Cryptographic Audit Trail

Every request is signed into a SHA-256 hash chain with Ed25519 signatures. Events form a tamper-proof, SIEM-exportable forensic record.

06 — Honeytoken Trap System

Phantom credentials are injected into isolated environments. If a honeytoken is used outside Vinkius infrastructure, the server is quarantined instantly.

Emergency Kill Switch

EU AI Act Art. 14(1) Compliant

The kill switch is an **emergency halt** mechanism — not a simple toggle. When triggered, it executes three actions atomically:

01 — Server deactivated

The MCP server is immediately taken offline across the entire cluster.

02 — All tokens revoked

Every connection token is invalidated. Total lockout — reconnection blocked until new tokens are issued.

03 — WebSocket connections killed

Active connections terminated via Redis pubsub broadcast. Propagates to every runtime node in the cluster.

Full Visibility. Zero Guesswork.

The Vinkius cloud dashboard includes a full MCP Governance suite — real-time analytics and security controls for production AI operations.

Control Plane

KPI dashboard with request volume, latency, success rate, token consumption, and AI-generated operational briefings.

Agent Activity

Which AI clients are connecting, how often, and what they're doing — real-time session tracking.

FinOps

Cost tracking per tool, payload compression savings, budget optimization signals, and consumption trends.

Tool Health

Slowest and most error-prone tools, with actionable root-cause insights and performance baselines.

Firewall & DLP

PII redaction activity, sensitive data protection counters, and security event timeline.

Incident Log

Error trends, failure rates, status-code breakdowns, and forensic audit trail access.

> Get started at **cloud.vinkius.com** — connect your AI agent in under 60 seconds.

Running Mileage 10% Rule MCP

3 tools available
Cloud-hosted on Vinkius

Training for a marathon means pushing yourself hard, but doing it wrong can lead to serious injuries. This MCP takes the guesswork out of mileage progression by generating safety-first training schedules. Instead of just telling you what distance to hit next week, it builds a full, multi-week plan from where you are today to your target goal, always respecting strict rules like limiting growth rate and volatility.

If you're a coach reviewing a client's schedule, or an athlete trying to decide if they can safely jump up their mileage, this tool handles the math. It lets you audit any proposed increase immediately, flagging when a run is too aggressive. You can also ask it for the safest next step based on your previous week's performance. Vinkius hosts this MCP in its catalog so your AI client can access structured training guidance alongside all your other professional tools.

Core Capabilities

01 — Generate full progress schedules

Creates a comprehensive, multi-week running schedule from current mileage to target goals.

02 — Determine next safe distance

Calculates the maximum recommended mileage for an upcoming training week based on recent performance.

03 — Audit proposed mileage increases

Reviews a specific jump in mileage and determines if the increase exceeds established safety limits.

One Click on Vinkius — From Prompt to Execution

Available at **vinkius.com/mcp/running-mileage-10-rule** — connect your AI agent in three steps.

01 Give your AI agent your starting weekly mileage and your ultimate target distance.

02 The MCP processes this data using the 10% rule and volatility caps, generating a full week-by-week training schedule that prioritizes injury prevention.

03 Your agent returns a clear sequence of safe mileage goals, or flags any proposed increases that are too sudden for optimal recovery.

The bottom line is you get a scientifically guided running progression plan that minimizes the risk of overtraining and maximizes sustainable improvement.

Built For

This MCP targets runners, amateur athletes, and certified running coaches. If your job involves planning structured training blocks or helping clients safely increase their weekly mileage, this is for you. Stop guessing about safe progression; start planning with precision.

Running Coach

Determines the optimal sequence of runs for a client heading toward a race while ensuring they never skip a necessary safety check.

Endurance Athlete

Checks if an aggressive increase in weekly mileage is safe after a tough training block, getting immediate feedback on potential injury risks.

What Changes When You Connect

01 Build confidence in your training plans. Instead of relying on general advice, use the `generate_mileage_plan` tool to get a full schedule that respects physiological limits.

02 Avoid overtraining and injury setbacks. The MCP provides immediate safety checks; you can run `validate_transition_safety` any proposed jump before it happens.

03 Stay adaptive in your training. If your mileage fluctuates, use the MCP to run `calculate_next_step` and get the precise, safest distance for the week ahead.

04 Focus on performance, not worry. By automating the math behind progressive overload, you spend less time checking rules and more time running.

05 Maintain structure across long training cycles. The MCP ensures every single step of your journey from beginner to race day is scientifically grounded.

Real-World Applications

Planning a Half Marathon Build-Up

A coach needs to take a client from 15km weekly mileage up to 30km for a half marathon. They use the MCP to run `generate_mileage_plan`, which outputs a clear, week-by-week schedule that gradually increases distance without risking burnout.

Checking an Aggressive Jump in Distance

An athlete feels good and wants to jump from 5km last week to 7km this week. They run `validate_transition_safety` through the MCP, which immediately flags that the increase is too large and recommends a safer alternative.

Determining Post-Tough Week Mileage

After a particularly hard race, an athlete needs to know what mileage they should aim for next week. They use `calculate_next_step` to get the MCP's recommendation, which keeps them in a safe recovery zone.

Patterns to Avoid

Using arbitrary rules for progression

✗ AVOID

A runner just guesses they should increase mileage by 10% because that's what the internet says, leading to potential injury.

✓ INSTEAD

Don't guess. Use `generate_mileage_plan` or `calculate_next_step`. These tools enforce established safety guidelines so your plan is always structured and responsible.

Ignoring volatility caps

✗ AVOID

A coach builds a schedule that increases distance too rapidly, ignoring the limits on how much mileage can change week over week.

✓ INSTEAD

Always let the MCP audit your plan. Use `validate_transition_safety` to ensure any proposed jump respects both the 10% growth rule and volatility caps.

Only checking one single number

✗ AVOID

Checking only the current week's mileage without seeing the full picture or knowing where they started.

✓ INSTEAD

Get the big view. Run `generate_mileage_plan` to see the entire journey, making sure your goal is reachable through a safe, step-by-step process.

The Right Fit

Use this MCP if you need structured, quantifiable, and safety-first guidance for running progression. If your primary concern is avoiding injury while building mileage toward a specific race distance, this tool gives you the blueprint. Don't use it if you are just looking for general motivation or vague advice; that’s not what training science provides. Also, don't rely on it to tell you how far you can run in one day—it deals with weekly *progression* and safety checks. Use `calculate_next_step` when you need a single week's answer, but use `generate_mileage_plan` if you're planning months out.

Running Mileage 10% Rule MCP for Safe Training Progression

Most runners plan their training by looking at general advice, which often means guessing the next run or simply adding a percentage to last week’s mileage. This manual process is messy and ignores how much your body has actually absorbed from previous weeks of stress.

With this MCP, you feed in your starting mileage and your ultimate goal. The tool calculates every single necessary step, providing a clear, achievable schedule that prioritizes gradual adaptation over aggressive numbers. You get the complete blueprint for safe improvement.

Running Mileage 10% Rule MCP for Injury-Proofing Training Blocks

The biggest pain point is trying to jump mileage too fast, which leads straight to niggles and injuries. Manually tracking the limits of growth rate and volatility across multiple weeks is nearly impossible without specialized software.

This MCP handles that complexity for you. It audits every proposed step using `validate_transition_safety`, giving you a green light (or a clear warning) on any mileage jump, ensuring your training stays structured and responsible.

Running Mileage 10% Rule: 3 Tools for Training Progression

Use these tools to build entire running schedules or audit specific mileage increases to keep your progress safe and structured.

#	TOOL	DESCRIPTION
01	`calculate_next_step`	Figures out the safest distance for your next week of runs.
02	`generate_mileage_plan`	Builds a full, detailed training schedule mile by mile across multiple weeks.
03	`validate_transition_safety`	Checks if jumping from one mileage level to another is too aggressive for safe running.

See It in Action

Real prompts you can use once this MCP is connected to your AI agent through Vinkius Cloud.

U I'm starting at 12km per week. I want to run a half marathon in six months. Can you generate the plan?

Recommended Progression Schedule

- **Week 1:** 13 km (Growth: 9%)
- **Week 2:** 14 km (Targeting consistent build-up)
- **Week 3:** 16 km (Peak volume week)
- **Week 4:** 15 km (Recovery week - critical for adaptation)
- **Week 5:** 18 km...

This plan keeps the increase steady and gives you necessary recovery weeks built in.

U What should I aim for next week if I just ran 20km this week?

Next Recommended Step

Based on your recent volume, the safest mileage target for next week is **21 km**. This represents a manageable 5% increase and keeps you within recommended training zones. Don't push it past 22 km.

U Is it okay to jump from 8km last week to 13km this week?

❌ **Warning: Too Aggressive Increase.**

The proposed jump (from 8 km to 13 km) is a 62.5% increase, which far exceeds the 12% safety limit and risks overtraining. We recommend running 9 km instead; that's a much safer step up.

Frequently Asked Questions

01 **How does the Running Mileage 10% Rule MCP help prevent me from getting injured?**

The MCP prevents injury by forcing your plans to follow established, scientifically backed growth rules. It doesn't just look at mileage; it audits volatility and gradual progression so you build up safely over time.

02 **I need a full training schedule for my race goal. Does the Running Mileage 10% Rule MCP handle that?**

Yes, this is exactly what the MCP does best. You provide your current mileage and your target distance, and it generates an entire, safe week-by-week plan leading up to race day.

03 **What if I feel good and want to increase my mileage fast? Can this MCP check that?**

You can use the safety validation tool within the MCP. It instantly checks any proposed jump, telling you if your desired increase is too sudden or dangerous for optimal training.

04 **Does the Running Mileage 10% Rule MCP just give me a random number for next week?**

No, it calculates the single safest mileage level based on both your recent performance and established safety guidelines. It gives you a data-driven recommendation, not a guess.

05 **Is this better than just following general training advice online?**

Absolutely. General advice is vague. This MCP provides concrete, calculated numbers for every week of your plan, making sure your progress is structured and responsible.

Go Live in 60 Seconds

Get your connection token from **cloud.vinkius.com**, then paste the endpoint URL into any MCP-compatible client.

YOUR MCP ENDPOINT

```
https://edge.vinkius.com/[TOKEN]/mcp
```

CLIENT	WHERE TO CONFIGURE
Claude AI	Profile → Customize → Connectors → "+" → Add custom connector → Paste endpoint
Cursor	Settings → Features → MCP Servers → "+ Add New MCP Server" → Type: SSE → Paste endpoint
VS Code	Ctrl/Cmd+Shift+P → "MCP: Add Server" → add `"running-mileage-10-rule": { "url": "…" }`
Windsurf	MCP Settings → `mcp_settings.json` → Add endpoint URL
ChatGPT	Settings → Tools & plugins → Add MCP server → Paste endpoint
Gemini	Extensions → Add MCP Server → Paste endpoint URL

ASK AN AI ABOUT THIS

Let your preferred AI explain this MCP server

- Ask ChatGPT
- Ask Claude
- Ask Perplexity
- Ask Gemini
- Ask Grok

READY TO CONNECT

Running Mileage 10% Rule is live on Vinkius Cloud.

Get your connection token, paste it into your AI agent, and start building. No SDK. No deployment. Just results.

Start at cloud.vinkius.com →

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