



# TRAINING PROGRAMS

The following schedules are only guides for novices. You can make minor modifications to suit your work and family schedule as necessary. Visit [www.HalHigdon.com/training](http://www.HalHigdon.com/training) for more advanced plans. To be ready by August 15, start these by mid-June!

## SUGGESTED 5K TRAINING SCHEDULE (NOVICE)

Week	Mon	Tue	Wed	Thu	Fri	Sat	Sun
1	Rest or run/walk	1.5 mi run	Rest or run/walk	1.5 mi run	Rest	1.5 mi run	30 min walk
2	Rest or run/walk	1.75 mi run	Rest or run/walk	1.5 mi run	Rest	1.75 mi run	35 min walk
3	Rest or run/walk	2 mi run	Rest or run/walk	1.5 mi run	Rest	2 mi run	40 min walk
4	Rest or run/walk	2.25 mi run	Rest or run/walk	1.5 mi run	Rest	2.25 mi run	45 min walk
5	Rest or run/walk	2.5 mi run	Rest or run/walk	2 mi run	Rest	2.5 mi run	50 min walk
6	Rest or run/walk	2.75 mi run	Rest or run/walk	2 mi run	Rest	2.75 mi run	55 min walk
7	Rest or run/walk	3 mi run	Rest or run/walk	2 mi run	Rest	3 mi run	60 min walk
8	Rest or run/walk	3 mi run	Rest or run/walk	2 mi run	Rest	Rest	<b>5K Race</b>

**Rest:** Rest days are as vital as training days. They give your muscles time to recover so you can run again. Actually, your muscles will build in strength as you rest.

**Run:** Don't worry about how fast you run; just cover the distance—or approximately the distance suggested. Ideally, you should be able to run at a pace that allows you to converse comfortably while you do so.

**Run/Walk:** There's nothing in the rules that suggests you have to run continuously, either in training or in the 5K race itself. Run until fatigued; walk until recovered.

**Walk:** Don't worry about how fast you walk, or how much distance you cover.

## SUGGESTED 10K TRAINING SCHEDULE (NOVICE)

Week	Mon	Tue	Wed	Thu	Fri	Sat	Sun
1	Rest	2.5 mi run	30 min cross	2 mi run	Rest	40 min cross	3 mi run
2	Rest	2.5 mi run	30 min cross	2 mi run	Rest	40 min cross	3.5 mi run
3	Rest	2.5 mi run	35 min cross	2 mi run	Rest	50 min cross	4 mi run
4	Rest	3 mi run	35 min cross	2 mi run	Rest	50 min cross	4 mi run
5	Rest	3 mi run	40 min cross	2 mi run	Rest	60 min cross	4.5 mi run
6	Rest	3 mi run	40 min cross	2 mi run	Rest	60 min cross	5 mi run
7	Rest	3 mi run	45 min cross	2 mi run	Rest	60 min cross	5.5 mi run
8	Rest	3 mi run	30 min cross	2 mi run	Rest	Rest	<b>10K Run</b>

**Running workouts:** Don't worry about how fast you run; just cover the distance—or about the distance suggested. Ideally, you should be able to run at a pace that allows you to converse comfortably with any training partners.

**Cross-Training/"Cross":** Wednesdays and Saturdays are cross-training days: swimming, cycling, walking, cross-country skiing, snowshoeing, or other forms of aerobic training. But don't cross-train too vigorously. Cross-training days should be easy days.

**Long Runs:** Do your longest run on whichever day of the week is convenient. Don't be afraid to go slow and take walking breaks. Just cover the distance.

**Strength Training:** If you haven't lifted before, you may not want to start the same time you start a running program. Tuesdays and Thursdays are good days for strength training—after your run. Stretching also is important to keep your muscles loose.

**Walking:** Walking is an excellent exercise that a lot of runners overlook in their training. Feel free to walk during your running workouts any time you feel tired or need a break.