Hal Higdon's
15-K TRAINING GUIDE

Advanced runners: Training for a peak 15-K performance

Week	Mon	Tue	Wed	Thu	Fri	Sat	Sun
1	3 m run + strength	30 min tempo	6 x 400 mile pace	3 m run + strength	Rest or 3 m	3 m pace	5 m run
2	3 m run + strength	35 min tempo	3 x 800 5-K pace	4 m run + strength	Rest or 3 m	4 m pace	6 m run
3	3 m run + strength	40 min tempo	7 x 400 mile pace	5 m run + strength	Rest or 3 m	5 m pace	7 m run
4	3 m run + strength	30 min tempo	4 x 800 5-K pace	3 m run + strength	Rest or 3 m	3 m pace	4 m run
5	3 m run + strength	40 min tempo	8 x 400 mile pace	4 m run + strength	Rest or 3 m	4 m pace	9 m run
6	3 m run + strength	45 min tempo	5 x 800 5-K pace	5 m run + strength	Rest or 3 m	5 m pace	10 m run
7	3 m run + strength	30 min tempo	9 x 400 mile pace	3 m run + strength	Rest or 3 m	3 m pace	5 m run
8	3 m run + strength	40 min tempo	6 x 800 5-K pace	4 m run + strength	Rest or 3 m	5 m pace	12 m run
9	3 m run + strength	45 min tempo	10 x 400 mile pace	5 m run + strength	Rest or 3 m	6 m pace	13 m run
10	3 m run + strength	30 min tempo	3 x 800 5-K pace	2 m run + strength	1-2 m run	Rest	**The 15-K**

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