

Hal Higdon's 10 K Training Program

10-K Training: Novice							
Week	Mon	Tue	Wed	Thu	Fri	Sat	Sun
1	Stretch & Strengthen	2.5 m run	30 min cross	2 m run + strength	Rest	40 min cross	3 m run
2	Stretch & Strengthen	2.5 m run	30 min cross	2 m run + strength	Rest	40 min cross	3.5 m run
3	Stretch & Strengthen	2.5 m run	35 min cross	2 m run + strength	Rest	50 min cross	4 m run
4	Stretch & Strengthen	3 m run	35 min cross	2 m run + strength	Rest	50 min cross	4 m run
5	Stretch & Strengthen	3 m run	40 min cross	2 m run + strength	Rest	60 min cross	4.5 m run
6	Stretch & Strengthen	3 m run	40 min cross	2 m run + strength	Rest	60 min cross	5 m run
7	Stretch & Strengthen	3 m run	45 min cross	2 m run + strength	Rest	60 min cross	5.5 m run
8	Stretch & Strengthen	3 m run	30 min cross	2 m run	Rest	Rest	10-K Race