

2012 AFM 10K- Hal Higdon Novice Training Plan

Week	Date	Mon	Tue	Wed	Thur	Fri	Sat	Sun
1	23-Jul	Stretch & strength	2.5 m run	30 min cross	2 m run + strength	Rest	40 min cross	3 m run
2	30-Jul	Stretch & strength	2.5 m run	30 min cross	2 m run + strength	Rest	40 min cross	3.5 m run
3	6-Aug	Stretch & strength	2.5 m run	35 min cross	2 m run + strength	Rest	50 min cross	4 m run
4	13-Aug	Stretch & strength	3 m run	35 min cross	2 m run + strength	Rest	50 min cross	4 m run
5	20-Aug	Stretch & strength	3 m run	40 min cross	2 m run + strength	Rest	60 min cross	4.5 m run
6	27-Aug	Stretch & strength	3 m run	40 min cross	2 m run + strength	Rest	60 min cross	5 m run
7	3-Sep	Stretch & strength	3 m run	45 min cross	2 m run + strength	Rest	60 min cross	5.5 m run
8	10-Sep	Stretch & strength	3 m run	30 min cross	Rest	Rest	AFM 10-K Race	walk

For more information visit <http://halhigdon.com/training/51122/10K-Novice-Training-Program>.

It is wise to consult your doctor before starting a new exercise program.