

2012 ATM Pre-training Hal Higdon 5k

Week	Date	Mon	Tue	Wed	Thur	Fri	Sat	Sun
1	9-Apr	Rest or run/walk	1.5 m run	Rest or run/walk	1.5 m run	Rest	1.5 m run	30- 60 min walk
2	16-Apr	Rest or run/walk	1.75 m run	Rest or run/walk	1.5 m run	Rest	1.75 m run	35-60 min walk
3	23-Apr	Rest or run/walk	2 mi run	Rest or run/walk	1.5 m run	Rest	2 MI run	40-60 min walk
4	30-Apr	Rest or run/walk	2.25 m run	Rest or run/walk	1.5 m run	Rest	2.25 m run	45-60 min walk
5	7-May	Rest or run/walk	2.5 m run	Rest or run/walk	2 m run	Rest	2.5 m run	50-60 min walk
6	14-May	Rest or run/walk	2.75 m run	Rest or run/walk	2 m run	Rest	2.75 m run	55-60 min walk
7	21-May	Rest or run/walk	3 m run	Rest or run/walk	2 m run	Rest	3 m run	60 min walk
8	28-May	Rest or run/walk	3 m run	Rest or run/walk	2 m run	Rest	Rest	5-K Race

One week recovery before 10k training

More info visit <http://halhigdon.com/training/50933/5K-Novice-Training-Program> (5k Novice training)

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

2012 ATM Pre-training Hal Higdon 10k

Week	Date	Mon	Tue	Wed	Thur	Fri	Sat	Sun
1	11-Jun	Stretch & strength	2.5 m run	30 min cross	2 m run + strength	Rest	40 min cross	3 m run
2	18-Jun	Stretch & strength	2.5 m run	30 min cross	2 m run + strength	Rest	40 min cross	3.5 m run
3	25-Jun	Stretch & strength	2.5 m run	35 min cross	2 m run + strength	Rest	50 min cross	4 m run
4	2-Jul	Stretch & strength	3 m run	35 min cross	2 m run + strength	Rest	50 min cross	4 m run
5	9-Jul	Stretch & strength	3 m run	40 min cross	2 m run + strength	Rest	60 min cross	4.5 m run
6	16-Jul	Stretch & strength	3 m run	40 min cross	2 m run + strength	Rest	60 min cross	5 m run
7	23-Jul	Stretch & strength	3 m run	45 min cross	2 m run + strength	Rest	60 min cross	5.5 m run
8	30-Jul	Stretch & strength	3 m run	30 min cross	2 m run + strength	Rest	Rest	10-K Race

One week recovery before 10mile training.

More info visit <http://halhigdon.com/training/51122/10K-Novice-Training-Program> (10k Novice training)

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