

2012 MCM Intermediate- Hal Higdon Training Plan

Week	Date	Mon	Tue	Wed	Thur	Fri	Sat	Sun
1	3-Sep	3m run+ strength	3m run	35min tempo run	3m run+ strength	Rest	60 min cross	4 m run
2	10-Sep	3m run+ strength	3.5m run	8x400 5K pace	4m run+ strength	Rest	60 min cross	5 m run
3	17-Sep	3m run+ strength	4m run	40min tempo run	3m run+ strength	Rest	60 min cross	6 m run
4	24-Sep	3m run+ strength	4.5m run	9x400 5K pace	4m run+ strength	2m run	Rest	5-K Race
5	1-Oct	3m run+ strength	5m run	45min tempo run	3m run+ strength	Rest	60 min cross	6 m run
6	8-Oct	3m run+ strength	5.5m run	10x400 5K pace	4m run+ strength	Rest	60 min cross	7 m run
7	15-Oct	3m run+ strength	6m run	50min tempo run	4m run+ strength	Rest	60 min cross	8 m run
8	22-Oct	3m run+ strength	3 m run	5x400 5K pace	1-3m run	Rest	Rest	10-K Race

More info visit <http://halhigdon.com/training/51123/10K-Intermediate-Training-Program> (10k Intermediate training)

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