

2012 MCM Novice 10K- Hal Higdon Training Plan

Week	Date	Mon	Tue	Wed	Thur	Fri	Sat	Sun
1	3-Sep	Stretch & strength	2.5 m run	30 min cross	2 m run + strength	Rest	40 min cross	3 m run
2	10-Sep	Stretch & strength	2.5 m run	30 min cross	2 m run + strength	Rest	40 min cross	3.5 m run
3	17-Sep	Stretch & strength	2.5 m run	35 min cross	2 m run + strength	Rest	50 min cross	4 m run
4	24-Sep	Stretch & strength	3 m run	35 min cross	2 m run + strength	Rest	50 min cross	4 m run
5	1-Oct	Stretch & strength	3 m run	40 min cross	2 m run + strength	Rest	60 min cross	4.5 m run
6	8-Oct	Stretch & strength	3 m run	40 min cross	2 m run + strength	Rest	60 min cross	5 m run
7	15-Oct	Stretch & strength	3 m run	45 min cross	2 m run + strength	Rest	60 min cross	5.5 m run
8	22-Oct	Stretch & strength	3 m run	30 min cross	2 m run + strength	Rest	Rest	10-K Race

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.