

## 2012 MCM 10K -Pretraining Hal Higdon 5k

Week	Date	Mon	Tue	Wed	Thur	Fri	Sat	Sun
1	2-Jul	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	9-Jul	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	16-Jul	Rest or run/walk	2 mi run	Rest or run/walk	1.5 m run	Rest	2 MI run	40-60 min walk
4	23-Jul	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	30-Jul	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	6-Aug	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	13-Aug	Rest or run/walk	3 m run	Rest or run/walk	2 m run	Rest	3 m run	60 min walk
8	20-Aug	Rest or run/walk	3 m run	Rest or run/walk	2 m run	Rest	Rest	<b>5-K Race</b>

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.*