

2012 NTNM Hal Higdon Novice 15K/10 Miler Training

Week	Date	Mon	Tue	Wed	Thur	Fri	Sat	Sun
1	26-Mar	Stretch & Strengthen	2m run	30 min cross	2m run + strength	Rest	2m run	30 min cross
2	2-Apr	Stretch & Strengthen	3m run	30 min cross	2m run + strength	Rest	3m run	30 min cross
3	9-Apr	Stretch & Strengthen	3m run	35 min cross	2m run + strength	Rest	4m run	30 min cross
4	16-Apr	Stretch & Strengthen	2m run	35 min cross	2m run + strength	Rest	2m run	40 min cross
5	23-Apr	Stretch & Strengthen	4m run	40 min cross	3m run + strength	Rest	5m run	40 min cross
6	30-Apr	Stretch & Strengthen	4m run	40 min cross	3m run + strength	Rest	6m run	50 min cross
7	7-May	Stretch & Strengthen	3m run	45 min cross	3m run + strength	Rest	4m run	50 min cross
8	14-May	Stretch & Strengthen	5m run	45 min cross	3m run + strength	Rest	7m run	60 min cross
9	21-May	Stretch & Strengthen	5m run	45 min cross	3m run + strength	Rest	8m run	60 min cross
10	28-May	Stretch & Strengthen	3m run	30 min cross	2m run + strength	2m run or rest	Rest	Navy Ten Nautical Miler

For more details visit <http://halhigdon.com/training/51127/15K-10-mile-Novice-Training-Program>

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