

# MAY THE COURSE

BE WITH YOU

5K

HAL HIGDEN'S

## 5K TRAINING: NOVICE RUNNER



For more information: [halhigdon.com/training/5k-training](http://halhigdon.com/training/5k-training)

**5K Novice** assumes that you have no major health problems, are in reasonably good shape, and have done at least *some* jogging or walking. If running 1.5 miles for your first workout in Week 1 seems too difficult, you may want to try the Beginner Runner's 30/30 Plan.

	MON	TUES	WED	THURS	FRI	SAT	SUN
1	rest or run/walk	1.5 mile run	rest or run/walk	1.5 mile run	rest	1.5 mile run	30 min walk
2	rest or run/walk	1.75 mile run	rest or run/walk	1.5 mile run	rest	1.75 mile run	35 min walk
3	rest or run/walk	2 mile run	rest or run/walk	1.5 mile run	rest	2 mile run	40 min walk
4	rest or run/walk	2.25 mile run	rest or run/walk	1.5 mile run	rest	2.25 mile run	45 min walk
5	rest or run/walk	2.5 mile run	rest or run/walk	2 mile run	rest	2.5 mile run	50 min walk
6	rest or run/walk	2.75 mile run	rest or run/walk	2 mile run	rest	2.75 mile run	55 min walk
7	rest or run/walk	3 mile run	rest or run/walk	2 mile run	rest	3 mile run	60 min walk
8	rest or run/walk	3 mile run	rest or run/walk	2 mile run	rest	rest	<b>5K RACE</b>