

# MAY THE COURSE

BE WITH YOU

5K



HAL HIGDEN'S

## BEGINNING RUNNER 30/30 PLAN

For more information: <https://www.halhigdon.com>

1. Walk out the door and go 15 minutes in one direction, turn around, and return 15 minutes to where you started: 30 minutes total.
2. For the first 10 minutes of your workout, it is obligatory that you walk: No running!
3. For the last 5 minutes of your workout, it is obligatory that you walk: Again, no running!
4. During the middle 15 minutes of the workout, you are free to jog or run, as long as you do so easily and do not push yourself.
5. Here's how to run during those middle 15 minutes: Jog for 30 seconds, walk until you are recovered, jog 30 seconds again. Jog, walk. Jog, walk. Jog, walk.
6. Once comfortable jogging and walking, adapt a 30/30 pattern: jogging 30 seconds, walking 30 seconds, etc.

Follow this 30/30 pattern for 30 days. If you train continuously (every day), you can complete this stage in a month. If you train only every other day, it will take you two months, a 30/60 plan. Do what your body tells you. Everyone is different in their ability to adapt to exercise. You are now ready to progress to the next stage of training:

**Novice 5K Training.**