



# Training Programs

The following schedules are only guides for novices. You can make minor modifications to suit your work and family schedule as necessary. Visit [www.HalHigdon.com/training](http://www.HalHigdon.com/training) for more advanced plans.

## SUGGESTED 5K TRAINING SCHEDULE (NOVICE)

Week	Mon	Tue	Wed	Thu	Fri	Sat	Sun
1	Rest or run/walk	1.5 mi run	Rest or run/walk	1.5 mi run	Rest	1.5 mi run	30 min walk
2	Rest or run/walk	1.75 mi run	Rest or run/walk	1.5 mi run	Rest	1.75 mi run	35 min walk
3	Rest or run/walk	2 mi run	Rest or run/walk	1.5 mi run	Rest	2 mi run	40 min walk
4	Rest or run/walk	2.25 mi run	Rest or run/walk	1.5 mi run	Rest	2.25 mi run	45 min walk
5	Rest or run/walk	2.5 mi run	Rest or run/walk	2 mi run	Rest	2.5 mi run	50 min walk
6	Rest or run/walk	2.75 mi run	Rest or run/walk	2 mi run	Rest	2.75 mi run	55 min walk
7	Rest or run/walk	3 mi run	Rest or run/walk	2 mi run	Rest	3 mi run	60 min walk
8	Rest or run/walk	3 mi run	Rest or run/walk	2 mi run	Rest	Rest	<b>5K Race</b>

**Rest:** Rest days are as vital as training days. They give your muscles time to recover so you can run again. Actually, your muscles will build in strength as you rest.

**Run:** Don't worry about how fast you run; just cover the distance—or approximately the distance suggested. Ideally, you should be able to run at a pace that allows you to converse comfortably while you do so.

**Run/Walk:** There's nothing in the rules that suggests you have to run continuously, either in training or in the 5K race itself. Run until fatigued; walk until recovered.

**Walk:** Don't worry about how fast you walk, or how much distance you cover.