

## Hal Higdon 5K Training Schedule

Week	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
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	5K race

The schedule is a guide. Feel free to make minor modifications to suit your work and family schedule. It's less important what you do in any one workout than what you do over the full eight weeks leading up to your 5K.