**Hal Higdon Novice 5K Training:**

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| **March 12**Rest or run/walk | **March 13**1.5 mile run | **March 14**Rest or run/walk | **March 15**1.5 mile run | **March 16**Rest | **March 17**1.5 mile run | **March 18**30-60 min. walk |
| **March 19**Rest or run/walk | **March 20**1.75 mile run | **March 21**Rest or run/walk | **March 22**1.5 mile run | **March 23**Rest | **March 24**1.75 mile run | **March 25**35-60 min. walk |
| **March 26**Rest or run/walk | **March 27**2 mile run | **March 28**Rest or run/walk | **March 29**1.5 mile run | **March 30**Rest | **March 31**2 mile run | **April 1**40-60 min. walk |
| **April 2**Rest or run/walk | **April 3**2.25 mile run | **April 4**Rest or run/walk | **April 5**1.5 mile run | **April 6**Rest | **April 7**2.25 mile run | **April 8**45-60 min. walk |
| **April 9**Rest or run/walk | **April 10**2.5 mile run | **April 11**Rest or run/walk | **April 12**2 mile run | **April 13**Rest | **April 14**2.5 mile run | **April 15**50-60 min. walk |
| **April 16**Rest or run/walk | **April 17**2.75 mile run | **April 18**Rest or run/walk | **April 19**2 mile run | **April 20**Rest | **April 21**2.75 mile run | **April 22**55-60 min. walk |
| **April 23**Rest or run/walk | **April 24**3 mile run | **April 25**Rest or run/walk | **April 26**2 mile run | **April 27**Rest | **April 28**3 mile run | **April 29**60 min. walk |
| **April 30**Rest or run/walk | **May 1**3 mile run | **May 2**Rest or run/walk | **May 3**2 mile run | **May 4**Rest | **May 5**Rest | **May 6****5-K Race** |