**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** |