

## Hal Higdon Marathon Pre-training 5k plan

Week	Date	Mon	Tue	Wed	Thur	Fri	Sat	Sun
1	16-Feb	Rest or run/walk	1.5 m run	Rest or run/walk	1.5 m run	Rest	1.5 m run	30- 60 min walk
2	23-Feb	Rest or run/walk	1.75 m run	Rest or run/walk	1.5 m run	Rest	1.75 m run	35-60 min walk
3	2-Mar	Rest or run/walk	2 mi run	Rest or run/walk	1.5 m run	Rest	2 MI run	40-60 min walk
4	9-Mar	Rest or run/walk	2.25 m run	Rest or run/walk	1.5 m run	Rest	2.25 m run	45-60 min walk
5	16-Mar	Rest or run/walk	2.5 m run	Rest or run/walk	2 m run	Rest	2.5 m run	50-60 min walk
6	23-Mar	Rest or run/walk	2.75 m run	Rest or run/walk	2 m run	Rest	2.75 m run	55-60 min walk
7	30-Mar	Rest or run/walk	3 m run	Rest or run/walk	2 m run	Rest	3 m run	60 min walk
8	6-Apr	Rest or run/walk	3 m run	Rest or run/walk	2 m run	Rest	Rest	<b>5-K Race</b>

One week recovery before 10k training

More info visit [www.halhigdon.com](http://www.halhigdon.com) (5k Novice training)

**It is wise to consult your doctor before starting a new exercise program.**

## Hal Higdon Marathon Pre-training 10k plan

Week	Date	Mon	Tue	Wed	Thur	Fri	Sat	Sun
1	20-Apr	Stretch & strength	2.5 m run	30 min cross	2 m run + strength	Rest	40 min cross	3 m run
2	27-Apr	Stretch & strength	2.5 m run	30 min cross	2 m run + strength	Rest	40 min cross	3.5 m run
3	4-May	Stretch & strength	2.5 m run	35 min cross	2 m run + strength	Rest	50 min cross	4 m run
4	11-May	Stretch & strength	3 m run	35 min cross	2 m run + strength	Rest	50 min cross	4 m run
5	18-May	Stretch & strength	3 m run	40 min cross	2 m run + strength	Rest	60 min cross	4.5 m run
6	25-May	Stretch & strength	3 m run	40 min cross	2 m run + strength	Rest	60 min cross	5 m run
7	1-Jun	Stretch & strength	3 m run	45 min cross	2 m run + strength	Rest	60 min cross	5.5 m run
8	8-Jun	Stretch & strength	3 m run	30 min cross	2 m run + strength	Rest	Rest	<b>10-K Race</b>

One week recovery before marathon training.

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