Hal Higdon's
15-K TRAINING GUIDE

Novice runners: Training for Your First 15-K

Week	Mon	Tue	Wed	Thu	Fri	Sat	Sun
1	Stretch & Strengthen	2 m run	30 min cross	2 m run + strength	Rest	2 m run	30 min cross
2	Stretch & Strengthen	3 m run	30 min cross	2 m run + strength	Rest	3 m run	30 min cross
3	Stretch & Strengthen	3 m run	35 min cross	2 m run + strength	Rest	4 m run	30 min cross
4	Stretch & Strengthen	2 m run	35 min cross	2 m run + strength	Rest	2 m run	40 min cross
5	Stretch & Strengthen	4 m run	40 min cross	3 m run + strength	Rest	5 m run	40 min cross
6	Stretch & Strengthen	4 m run	40 min cross	3 m run + strength	Rest	6 m run	50 min cross
7	Stretch & Strengthen	3 m run	45 min cross	3 m run + strength	Rest	4 m run	50 min cross
8	Stretch & Strengthen	5 m run	45 min cross	3 m run + strength	Rest	7 m run	60 min cross
9	Stretch & Strengthen	5 m run	45 min cross	3 m run + strength	Rest	8 m run	60 min cross
10	Stretch & Strengthen	3 m run	30 min cross	2 m run + strength	2 m run or rest	Rest	The 15-K

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Unveiling the Power of Verbal Art: An Psychological Sojourn through **Hal Higdon Beginners Running Guide**

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