

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

Hal Higdon Beginners Running Guide

AW Rasmussen



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Table of Contents Hal Higdon Beginners Running Guide

1. Understanding the eBook Hal Higdon Beginners Running Guide
 - The Rise of Digital Reading Hal Higdon Beginners Running Guide
 - Advantages of eBooks Over Traditional Books
2. Identifying Hal Higdon Beginners Running Guide
 - Exploring Different Genres
 - Considering Fiction vs. Non-Fiction
 - Determining Your Reading Goals
3. Choosing the Right eBook Platform
 - Popular eBook Platforms
 - Features to Look for in an Hal Higdon Beginners Running Guide
 - User-Friendly Interface
4. Exploring eBook Recommendations from Hal Higdon Beginners Running Guide
 - Personalized Recommendations
 - Hal Higdon Beginners Running Guide User Reviews and Ratings
 - Hal Higdon Beginners Running Guide and Bestseller Lists
5. Accessing Hal Higdon Beginners Running Guide Free and Paid eBooks
 - Hal Higdon Beginners Running Guide Public Domain eBooks
 - Hal Higdon Beginners Running Guide eBook Subscription Services
 - Hal Higdon Beginners Running Guide Budget-Friendly Options

6. Navigating Hal Higdon Beginners Running Guide eBook Formats
 - ePub, PDF, MOBI, and More
 - Hal Higdon Beginners Running Guide Compatibility with Devices
 - Hal Higdon Beginners Running Guide Enhanced eBook Features
7. Enhancing Your Reading Experience
 - Adjustable Fonts and Text Sizes of Hal Higdon Beginners Running Guide
 - Highlighting and Note-Taking Hal Higdon Beginners Running Guide
 - Interactive Elements Hal Higdon Beginners Running Guide
8. Staying Engaged with Hal Higdon Beginners Running Guide
 - Joining Online Reading Communities
 - Participating in Virtual Book Clubs
 - Following Authors and Publishers Hal Higdon Beginners Running Guide
9. Balancing eBooks and Physical Books Hal Higdon Beginners Running Guide
 - Benefits of a Digital Library
 - Creating a Diverse Reading Collection Hal Higdon Beginners Running Guide
10. Overcoming Reading Challenges
 - Dealing with Digital Eye Strain
 - Minimizing Distractions
 - Managing Screen Time
11. Cultivating a Reading Routine Hal Higdon Beginners Running Guide
 - Setting Reading Goals Hal Higdon Beginners Running Guide
 - Carving Out Dedicated Reading Time
12. Sourcing Reliable Information of Hal Higdon Beginners Running Guide
 - Fact-Checking eBook Content of Hal Higdon Beginners Running Guide
 - Distinguishing Credible Sources
13. Promoting Lifelong Learning
 - Utilizing eBooks for Skill Development
 - Exploring Educational eBooks
14. Embracing eBook Trends
 - Integration of Multimedia Elements

- Interactive and Gamified eBooks

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