



15th Annual Power Pedal

8-Week 10k Training Program

Ready to train for a 10k (6.2 mile) race, but not sure how? Try this 8-week training schedule that we found on www.halhighdon.com, a popular website for runners.

Hal Higdon's Novice 10k Training Program

Week	Sun	Mon	Tues	Wed	Thur	Fri	Sat
1	Stretch/ Strength	2.5 m run	30 min Cross	2 m run + strength	Rest	40 min Cross	3 m run
2	Stretch/ Strength	2.5 m run	30 min Cross	2 m run + strength	Rest	40 min Cross	3.5 m run
3	Stretch/ Strength	2.5 m run	35 min Cross	2 m run + strength	Rest	50 min Cross	4 m run
4	Stretch/ Strength	3 m run	35 min Cross	2 m run + strength	Rest	50 min Cross	4 m run
5	Stretch/ Strength	3 m run	40 min Cross	2 m run + strength	Rest	60 min Cross	4.5 m run
6	Stretch/ Strength	3 m run	40 min Cross	2 m run + strength	Rest	60 min Cross	5 m run
7	Stretch/ Strength	3 m run	45 min Cross	2 m run + strength	Rest	60 min Cross	5.5 m run
8	Stretch/ Strength	3 m run	30 min Cross	2 m run	Rest	Rest	10k Race

www.powerpedal.com

Celebrating Public Power Week

Benefiting Hospice Brazos Valley

October 13-14, 2007