



15th Annual Power Pedal Ride & Stride 8-Week 5k Training Program

Ready to train for a 5k (3.1 mile) race, but not sure how? Try this 5-week training schedule that we found on www.halhighdon.com, a popular website for runners.

Hal Higdon's Novice 5k Training Program

Week	Sun	Mon	Tues	Wed	Thur	Fri	Sat
1	Rest or Run/Walk	Run 1.5 miles	Rest or Run/Walk	Run 1.5 miles	Rest	Run 1.5 miles	Walk 30-60 min
2	Rest or Run/Walk	Run 1.75 miles	Rest or Run/Walk	Run 1.5 miles	Rest	Run 1.75 miles	Walk 35-60 min
3	Rest or Run/Walk	Run 2 miles	Rest or Run/Walk	Run 1.5 miles	Rest	Run 2 miles	Walk 40-60 min
4	Rest or Run/Walk	Run 2.25 miles	Rest or Run/Walk	Run 1.5 miles	Rest	Run 2.25 miles	Walk 45-60 min
5	Rest or Run/Walk	Run 2.5 miles	Rest or Run/Walk	Run 2 miles	Rest	Run 2.5 miles	Walk 50-60 min
6	Rest or Run/Walk	Run 2.75 miles	Rest or Run/Walk	Run 2 miles	Rest	Run 2.75 miles	Walk 55-60 min
7	Rest or Run/Walk	Run 3 miles	Rest or Run/Walk	Run 2 miles	Rest	Run 3 miles	Walk 60 min
8	Rest or Run/Walk	Run 3 miles	Rest or Run/Walk	Run 2 miles	Rest	Run 3 miles	5k Race

www.powerpedal.com

Celebrating Public Power Week

Benefiting Hospice Brazos Valley

October 13-14, 2007