

# Hal Higdon's 15-K TRAINING GUIDE

## Intermediate Runners: Training to Improve Your 15-K Time

Week	Mon	Tue	Wed	Thu	Fri	Sat	Sun
1	3 m run + strength	4 m run	4 x 800 5-K pace	2 m run + strength	Rest	6 m run	60 min cross
2	3 m run + strength	5 m run	30 min tempo	3 m run + strength	Rest	7 m run	60 min cross
3	3 m run + strength	6 m run	5 x 800 5-K pace	4 m run + strength	Rest	8 m run	60 min cross
4	3 m run + strength	4 m run	35 min tempo	2 m run + strength	Rest	4 m run	60 min cross
5	3 m run + strength	5 m run	6 x 800 5-K pace	3 m run + strength	Rest	7 m run	60 min cross
6	3 m run + strength	6 m run	40 min tempo	4 m run + strength	Rest	8 m run	60 min cross
7	3 m run + strength	4 m run	7 x 800 5-K pace	2 m run + strength	Rest	4 m run	60 min cross
8	3 m run + strength	5 m run	45 min tempo	3 m run + strength	Rest	9 m run	60 min cross
9	3 m run + strength	6 m run	8 x 800 5-K pace	4 m run + strength	Rest	10 m run	60 min cross
10	3 m run + strength	4 m run	30 min tempo	4 m run	1-2 m run	Rest	<b>The 15-K</b>