

Hal Higdon's 10 K Training Program

10-K Training: Walking

Week	Mon	Tue	Wed	Thu	Fri	Sat	Sun
1	Rest or walk	30 min walk	Rest or walk	30 min walk	Rest	3 m walk	45-90 min walk
2	Rest or walk	35 min walk	Rest or walk	35 min walk	Rest	3.5 m walk	55-90 min walk
3	Rest or walk	40 min walk	Rest or walk	40 min walk	Rest	4 m walk	65-90 min walk
4	Rest or walk	45 min walk	Rest or walk	45 min walk	Rest	4.5 m walk	75-90 min walk
5	Rest or walk	50 min walk	Rest or walk	50 min walk	Rest	5 m walk	80-90 min walk
6	Rest or walk	55 min walk	Rest or walk	55 min walk	Rest	5.5 m walk	85-90 min walk
7	Rest or walk	60 min walk	Rest or walk	60 min walk	Rest	6 m walk	90 min walk
8	Rest or walk	30 min walk	Rest or walk	30 min walk	Rest	Rest	10-K Walk