

12 weeks to 15k for beginners

Doug Alred, race director for the Gate River Run, adapted running expert Hal Higdon's 15k training schedule for the Times-Union. Alred also has a tip or advice for each week.

	Stretch and strengthen	Run/walk combination	Run	Crosstraining	Run/walk and strengthen	Run and strengthen	Rest
	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
Week 1 Dec. 11		2 miles	30 minutes or 2 miles		2 miles	2 miles	30 minutes or rest
Start with run/walk combination. Run 4 to 6 minutes, walk 2 minutes until 2 miles are completed.							
Week 2 Dec. 15		2 miles	30 minutes or 2 miles		2 miles	2 miles	30 minutes or rest
Try to run the complete 2 miles on Saturday.							
Week 3 Dec. 25		3 miles	30 minutes or 2 miles		2 miles	3 miles	30 minutes or rest
Use the combination 6-minute-run/2-minute-walk combo to complete the 3-mile distance.							
Week 4 Jan. 1		3 miles	30 minutes or 2 miles		2 miles	3 miles	30 minutes or rest
Try to run the complete 3 miles on Saturday.							
Week 5 Jan. 8		3 miles	40 minutes		3 miles	4 miles	30 minutes
Use the combination 6-minute-run/2-minute-walk combo.							
Week 6 Jan. 15		3 miles	40 minutes		2 miles	4 miles	30 minutes
Try to run the complete 4 miles on Saturday; take a water break every 20 minutes.							
Week 7 Jan. 22		3 miles	45 minutes		3 miles	5 miles	40 minutes
Run/walk no longer used on Tuesday and Thursday. Run 8 minutes/walk 2 minutes to complete 5 miles.							
Week 8 Jan. 29		3 miles	45 minutes		3 miles	5 miles	40 minutes
Try to run 5 miles without the walk on Saturday; take a water break every 20 minutes.							
Week 9 Feb. 5		3 miles	45 minutes		3 miles	6 miles	40 minutes
Run 10 minutes and then walk for 2 minutes on 6 miler; incorporate water breaks.							
Week 10 Feb. 12		3 miles	45 minutes		3 miles	6 miles	40 minutes
Try to run 6 miles without the walk breaks on Saturday; take water breaks every 20 minutes.							
Week 11 Feb. 19		3 miles	45 minutes		3 miles	7 miles run/walk or Ortega River Run (5 miles)	40 minutes
Run 10 minutes and then walk for 2 minutes on 7 miler; incorporate water breaks.							
Week 12 Feb. 26		3 miles	30 minutes		3 miles	7 miles	40 minutes
Try to run 7 miles without the walk breaks on Saturday; incorporate water breaks.							
Race week March 5		3 miles	2 miles				
You have done the training, now don't mess it up by doing anything crazy. Rest is important.							