

# 12 weeks to 15k for beginners

Doug Alred, race director for the Gate River Run, adapted running expert Hal Higdon's 15k training schedule. Prepared by The Florida Times-Union.

Stretch and strengthen



Run/walk combination



Run



Crosstrain



Run/walk and strengthen



Run and strengthen



Rest



MONDAY TUESDAY WEDNESDAY THURSDAY FRIDAY SATURDAY SUNDAY

Week 1 Dec. 15	2 miles	2 miles	30 minutes or 2 miles 	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. 22	2 miles	2 miles	30 minutes or 2 miles 	2 miles	2 miles	2 miles	30 minutes or rest
Try to run the complete 2 miles on Saturday.							
Week 3 Dec. 29	3 miles	3 miles	30 minutes or 2 miles 	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. 5	3 miles	3 miles	30 minutes or 2 miles 	2 miles	2 miles	3 miles	30 minutes or rest
Try to run the complete 3 miles on Saturday.							
Week 5 Jan. 12	3 miles	3 miles	40 minutes 	3 miles	2 miles	4 miles	30 minutes
Use the combination 6-minute-run/2-minute-walk combo.							
Week 6 Jan. 19	3 miles	3 miles	40 minutes 	2 miles	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. 26	3 miles	3 miles	45 minutes 	3 miles	2 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 Feb. 2	3 miles	3 miles	45 minutes 	3 miles	2 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. 9	3 miles	3 miles	45 minutes 	3 miles	2 miles	6 miles	40 minutes
Run 10 minutes and then walk for 2 minutes on 6 miler; incorporate water breaks.							
Week 10 Feb. 16	3 miles	3 miles	45 minutes 	3 miles	2 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. 23	3 miles	3 miles	45 minutes 	3 miles	2 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 March 2	3 miles	3 miles	30 minutes 	3 miles	2 miles	7 miles	40 minutes
Try to run 7 miles without the walk breaks on Saturday; incorporate water breaks.							
Race week March 9	3 miles	3 miles	2 miles				Gate River Run 15k
You have done the training, now don't mess it up by doing anything crazy. Rest is important.							