



**HOSPITAL HILL RUN  
10K  
NOVICE RUN TRAINING SCHEDULE**

<u>Week</u>	<u>Monday</u>	<u>Tuesday</u> (Cross Train)	<u>Wednesday</u>	<u>Thursday</u>	<u>Friday</u> (Cross Train)	<u>Saturday</u>	<u>Sunday</u>	<u>Week Ending</u> Sunday
1	30 Minutes (3 Miles)	30 Minutes	30 Minutes (3 Miles)	Rest	30 Minutes	40 Minutes (4 Miles)	Rest	April 17, 2011
2	45 Minutes (4 Miles)	30 Minutes	45 Minutes (4 Miles)	Rest	30 Minutes	50 Minutes (5 Miles)	Rest	April 24, 2011
3	45 Minutes (4 Miles)	30 Minutes	45 Minutes (4 Miles)	Rest	30 Minutes	60 Minutes (6 Miles)	Rest	May 1, 2011
4	60 Minutes (6 Miles)	35 Minutes	45 Minutes (4 Miles)	Rest	35 Minutes	70 Minutes (7 Miles)	Rest	May 8, 2011
5	60 Minutes (6 Miles)	30 Minutes	45 Minutes (4 Miles)	Rest	35 Minutes	75 Minutes (7 Miles)	Rest	May 15, 2011
6	50 Minutes	30	45 Minutes	Rest	35	80 Minutes	Rest	May 22, 2011

	(6 Miles)	Minutes	(4 Miles)		Minutes	(7 Miles)		
7	45 Minutes (4 Miles)	30 Minutes	45 Minutes (4 Miles)	Rest	30 Minutes	45 Minutes (4 Miles)	Rest	May 29, 2011
8	30 Minutes (3 Miles)	30 Minutes	30 Minutes (3 Miles)	Rest	Rest	6.2 Miles <b>RACE DAY!</b>	Rest	June 5, 2011