



25k Training Program
www.teamworldvision.org

WEEK	MON	TUES	WED	THURS	FRI	SAT	SUN	TOTAL
1	Stretch	2	2	3	Rest	3	Cross	10
2	Stretch	3	2	3.5	Rest	4	Cross	12.5
3	Stretch	3.5	2	3.5	Rest	5	Cross	14
4	Stretch	4	2	4	Rest	5k race or test*	Cross	13.1
5	Stretch	4	2	4	Rest	7	Cross	17
6	Stretch	4.5	3	4.5	Rest	8	Cross	20
7	Stretch	4.5	3	4.5	Rest	9	Cross	21
8	Stretch	5	3	5	Rest	10k race or test*	Cross	19.2
9	Stretch	5	3	5	Rest	10	Cross	23
10	Stretch	5	3	4	Rest	12	Cross	24
11	Stretch	4	3	2	Rest	13	Cross	22
12	Stretch	4	3	4	Rest	8	Cross	19
13	Stretch	3	4	2	Rest	25K RACE		

Adapted from Hal Higdon's Novice Half Marathon Training Guide

*For the 5k and 10k test, run as fast as you can at an even pace throughout to help prepare you for the race.

All distances are listed in miles. The blank spaces in the chart can be used for recording the actual miles you run. Saturday distance runs are the foundation of the training program, and should be followed as closely as possible. Distance, not speed, is the most important aspect of Saturday runs—walking breaks may be necessary.

NOTE: Consult your physician before beginning any exercise program.