

Hal Higdon Marathon Training Schedule – Novice

Week	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
1	Rest	3 mile run	3 mile run	3 mile run	Rest	6 mile run	Cross
2	Rest	3 mile run	3 mile run	3 mile run	Rest	7 mile run	Cross
3	Rest	3 mile run	4 mile run	3 mile run	Rest	5 mile run	Cross
4	Rest	3 mile run	4 mile run	3 mile run	Rest	9 mile run	Cross
5	Rest	3 mile run	5 mile run	3 mile run	Rest	10 mile run	Cross
6	Rest	3 mile run	5 mile run	3 mile run	Rest	7 mile run	Cross
7	Rest	3 mile run	6 mile run	3 mile run	Rest	12 mile run	Cross
8	Rest	3 mile run	6 mile run	3 mile run	Rest	Rest	Half Marathon
9	Rest	3 mile run	7 mile run	4 mile run	Rest	10 mile run	Cross
10	Rest	3 mile run	7 mile run	4 mile run	Rest	15 mile run	Cross
11	Rest	4 mile run	8 mile run	4 mile run	Rest	16 mile run	Cross
12	Rest	4 mile run	8 mile run	5 mile run	Rest	12 mile run	Cross
13	Rest	4 mile run	9 mile run	5 mile run	Rest	18 mile run	Cross
14	Rest	5 mile run	9 mile run	5 mile run	Rest	14 mile run	Cross
15	Rest	5 mile run	10 mile run	5 mile run	Rest	20 mile run	Cross
16	Rest	5 mile run	8 mile run	4 mile run	Rest	12 mile run	Cross
17	Rest	4 mile run	6 mile run	3 mile run	Rest	8 mile run	Cross
18	Rest	3 mile run	4 mile run	2 mile run	Rest	Rest	Marathon

Hal Higdon Marathon Training Schedule – Intermediate

Week	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
1	Cross	3 mile run	5 mile run	3 mile run	Rest	5 mile pace	8 mile run
2	Cross	3 mile run	5 mile run	3 mile run	Rest	5 mile run	9 mile run
3	Cross	3 mile run	5 mile run	3 mile run	Rest	5 mile pace	6 mile run
4	Cross	3 mile run	6 mile run	3 mile run	Rest	6 mile pace	11 mile run
5	Cross	3 mile run	6 mile run	3 mile run	Rest	6 mile run	12 mile run
6	Cross	3 mile run	5 mile run	3 mile run	Rest	6 mile pace	9 mile run
7	Cross	4 mile run	7 mile run	4 mile run	Rest	7 mile pace	14 mile run
8	Cross	4 mile run	7 mile run	4 mile run	Rest	7 mile run	15 mile run
9	Cross	4 mile run	5 mile run	4 mile run	Rest	Rest	Half Marathon
10	Cross	4 mile run	8 mile run	4 mile run	Rest	8 mile pace	17 mile run
11	Cross	5 mile run	8 mile run	5 mile run	Rest	8 mile run	18 mile run
12	Cross	5 mile run	5 mile run	5 mile run	Rest	8 mile pace	13 mile run
13	Cross	5 mile run	8 mile run	5 mile run	Rest	5 mile pace	20 mile run
14	Cross	5 mile run	5 mile run	5 mile run	Rest	8 mile run	12 mile run
15	Cross	5 mile run	8 mile run	5 mile run	Rest	5 mile pace	20 mile run
16	Cross	5 mile run	6 mile run	5 mile run	Rest	4 mile pace	12 mile run
17	Cross	4 mile run	5 mile run	4 mile run	Rest	3 mile run	8 mile run
18	Cross	3 mile run	4 mile run	Rest	Rest	2 mile run	Marathon