

Hal Higdon Beginner Half Marathon Training Schedule

Week	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
1	Rest	3 mile run	2 mile run or cross	3 mile run	Rest	30 min cross	4 mile run
2	Rest	3 mile run	2 mile run or cross	3 mile run	Rest	30 min cross	4 mile run
3	Rest	3.5 mile run	2 mile run or cross	3.5 mile run	Rest	40 min cross	5 mile run
4	Rest	3.5 mile run	2 mile run or cross	3.5 mile run	Rest	40 min cross	5 mile run
5	Rest	4 mile run	2 mile run or cross	4 mile run	Rest	40 min cross	6 mile run
6	Rest	4 mile run	2 mile run or cross	4 mile run	Rest or easy run	Rest	5K Race
7	Rest	4.5 mile run	3 mile run or cross	4.5 mile run	Rest	50 min cross	7 mile run
8	Rest	4.5 mile run	3 mile run or cross	4.5 mile run	Rest	50 min cross	8 mile run
9	Rest	5 mile run	3 mile run or cross	5 mile run	Rest or easy run	Rest	10K Race
10	Rest	5 mile run	3 mile run or cross	5 mile run	Rest	60 min cross	9 mile run
11	Rest	5 mile run	3 mile run or cross	5 mile run	Rest	60 min cross	10 mile run
12	Rest	4 mile run	3 mile run or cross	2 mile run	Rest	Rest	Half Marathon

Hal Higdon Intermediate Half Marathon Training Schedule

Week	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
1	30 min cross	3 mile run	4 mile run	3 mile run	Rest	3 mile run	4 mile run
2	30 min cross	3 mile run	4 mile pace	3 mile run	Rest	3 mile pace	5 mile run
3	40 min cross	3.5 mile run	5 mile run	3.5 mile run	Rest	Rest	6 mile run
4	40 min cross	3.5 mile run	5 mile pace	3.5 mile run	Rest	3 mile run	7 mile run
5	40 min cross	4 mile run	6 mile run	4 mile run	Rest	3 mile pace	8 mile run
6	50 min cross	4 mile run	6 mile pace	4 mile run	Rest or easy run	Rest	5K Race
7	Rest	4.5 mile run	7 mile run	4.5 mile run	Rest	4 mile pace	9 mile run
8	50 min cross	4.5 mile run	7 mile pace	4.5 mile run	Rest	5 mile pace	10 mile run
9	60 min cross	5 mile run	8 mile run	5 mile run	Rest or easy run	Rest	10K Race
10	Rest	5 mile run	8 mile pace	5 mile run	Rest	5 mile pace	11 mile run
11	60 min cross	5 mile run	6 mile run	4 mile run	Rest	3 mile pace	12 mile run
12	Rest	4 mile run	4 mile pace	2 mile run	Rest	Rest	Half Marathon