

Hal Higdon's Half Marathon Training Program

Half Marathon Training: Novice							
Week	Mon	Tue	Wed	Thu	Fri	Sat	Sun
1	Stretch & Strengthen	3 m run	2 m run or cross	3 m run + strength	Rest	30 min cross	4 m run
2	Stretch & Strengthen	3 m run	2 m run or cross	3 m run + strength	Rest	30 min cross	4 m run
3	Stretch & Strengthen	3.5 m run	2 m run or cross	3.5 m run + strength	Rest	40 min cross	5 m run
4	Stretch & Strengthen	3.5 m run	2 m run or cross	3.5 m run + strength	Rest	40 min cross	5 m run
5	Stretch & Strengthen	4 m run	2 m run or cross	4 m run + strength	Rest	40 min cross	6 m run
6	Stretch & Strengthen	4 m run	2 m run or cross	4 m run + strength	Rest or easy run	Rest	5-K Race
7	Stretch & Strengthen	4.5 m run	3 m run or cross	4.5 m run + strength	Rest	50 min cross	7 m run
8	Stretch & Strengthen	4.5 m run	3 m run or cross	4.5 m run	Rest	50 min cross	8 m run
9	Stretch & Strengthen	5 m run	3 m run or cross	5 m run + strength	Rest or easy run	Rest	10-K Race
10	Stretch & Strengthen	5 m run	3 m run or cross	5 m run + strength	Rest	60 min cross	9 m run
11	Stretch & Strengthen	5 m run	3 m run or cross	5 m run + strength	Rest	60 min cross	10 m run
12	Stretch & Strengthen	4 m run	3 m run or cross	2 m run	Rest	Rest	Half Marathon