

Hal Higdon: Marathon Advanced 1 (miles)

[Train with TrainingPeaks.](#)

Week	Mon	Tue	Wed	Thu	Fri	Sat	Sun
1	3 mi run	5 mi run	3 mi run	3 x hill	Rest	5 mi pace	10
2	3 mi run	5 mi run	3 mi run	30 tempo	Rest	5 mi run	11
3	3 mi run	6 mi run	3 mi run	4 x 800	Rest	6 mi pace	8
4	3 mi run	6 mi run	3 mi run	4 x hill	Rest	6 mi pace	13
5	3 mi run	7 mi run	3 mi run	35 tempo	Rest	7 mi run	14
6	3 mi run	7 mi run	3 mi run	5 x 800	Rest	7 mi pace	10
7	3 mi run	8 mi run	4 mi run	5 x hill	Rest	8 mi pace	16
8	3 mi run	8 mi run	4 mi run	40 tempo	Rest	8 mi run	17
9	3 mi run	9 mi run	4 mi run	6 x 800	Rest	Rest	Half Marathon
10	3 mi run	9 mi run	4 mi run	6 x hill	Rest	9 mi pace	19
11	4 mi run	10 mi run	5 mi run	45 tempo	Rest	10 mi run	20
12	4 mi run	6 mi run	5 mi run	7 x 800	Rest	6 mi pace	12
13	4 mi run	10 mi run	5 mi run	7 x hill	Rest	10 mi pace	20
14	5 mi run	6 mi run	5 mi run	45 tempo	Rest	6 mi run	12
15	5 mi run	10 mi run	5 mi run	8 x 800	Rest	10 mi pace	20
16	5 mi run	8 mi run	5 mi run	6 x hill	Rest	4 mi pace	12
17	4 mi run	6 mi run	4 mi run	30 tempo	Rest	4 mi run	8
18	3 mi run	4 x 400	2 mi run	Rest	Rest	2 mi run	Marathon
							My race date:

[Check HalHigdon.com for updates and more training advice, and remember to return periodically to the Marathon Advanced 1 page to get clarification on workouts.](#)

Hal Higdon: Marathon Advanced 1 (kilometers)

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Week	Mon	Tue	Wed	Thu	Fri	Sat	Sun
1	4.8 km run	8.1 km run	4.8 km run	3 x hill	Rest	8.1 km pace	16.1
2	4.8 km run	8.1 km run	4.8 km run	30 tempo	Rest	8.1 km run	17.7
3	4.8 km run	9.7 km run	4.8 km run	4 x 800	Rest	9.7 km pace	12.9
4	4.8 km run	9.7 km run	4.8 km run	4 x hill	Rest	9.7 km pace	21
5	4.8 km run	11.3 km run	4.8 km run	35 tempo	Rest	11.3 km run	22.5
6	4.8 km run	11.3 km run	4.8 km run	5 x 800	Rest	11.3 km pace	16.1
7	4.8 km run	12.9 km run	6.4 km run	5 x hill	Rest	12.9 km pace	1.6
8	4.8 km run	12.9 km run	6.4 km run	40 tempo	Rest	12.9 km run	27.4
9	4.8 km run	14.5 km run	6.4 km run	6 x 800	Rest	Rest	Half Marathon
10	4.8 km run	14.5 km run	6.4 km run	6 x hill	Rest	14.5 km pace	30.6
11	6.4 km run	16.1 km run	8.1 km run	45 tempo	Rest	16.1 km run	32.2
12	6.4 km run	9.7 km run	8.1 km run	7 x 800	Rest	9.7 km pace	19.3
13	6.4 km run	16.1 km run	8.1 km run	7 x hill	Rest	16.1 km pace	32.2
14	8.1 km run	9.7 km run	8.1 km run	45 tempo	Rest	9.7 km run	19.3
15	8.1 km run	16.1 km run	8.1 km run	8 x 800	Rest	16.1 km pace	32.2
16	8.1 km run	12.9 km run	8.1 km run	6 x hill	Rest	6.4 km pace	19.3
17	6.4 km run	9.7 km run	6.4 km run	30 tempo	Rest	6.4 km run	12.9
18	4.8 km run	4 x 400	3.2 km run	Rest	Rest	3.2 km run	Marathon
							My race date:

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