

Hal Higdon: Half Marathon Novice 1 (miles)

[Train with TrainingPeaks.](#)

Week	Mon	Tue	Wed	Thu	Fri	Sat	Sun
1	Rest	3 mi run	2 mi run or cross	3 mi run	Rest	30 min cross	4 mi run
2	Rest	3 mi run	2 mi run or cross	3 mi run	Rest	30 min cross	4 mi run
3	Rest	3.5 mi run	2 mi run or cross	3.5 mi run	Rest	40 min cross	5 mi run
4	Rest	3.5 mi run	2 mi run or cross	3.5 mi run	Rest	40 min cross	5 mi run
5	Rest	4 mi run	2 mi run or cross	4 mi run	Rest	40 min cross	6 mi run
6	Rest	4 mi run	2 mi run or cross	4 mi run	Rest or easy run	Rest	5-K Race
7	Rest	4.5 mi run	3 mi run or cross	4.5 mi run	Rest	50 min cross	7 mi run
8	Rest	4.5 mi run	3 mi run or cross	4.5 mi run	Rest	50 min cross	8 mi run
9	Rest	5 mi run	3 mi run or cross	5 mi run	Rest or easy run	Rest	10-K Race
10	Rest	5 mi run	3 mi run or cross	5 mi run	Rest	60 min cross	9 mi run
11	Rest	5 mi run	3 mi run or cross	5 mi run	Rest	60 min cross	10 mi run
12	Rest	4 mi run	3 mi run or cross	2 mi run	Rest	Rest	Half Marathon
						My race date:	

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

Hal Higdon: Half Marathon Novice 1 (kilometers)

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Week	Mon	Tue	Wed	Thu	Fri	Sat	Sun
1	Rest	4.8 km run	3.2 km run or cross	4.8 km run	Rest	30 min cross	6.4 km run
2	Rest	4.8 km run	3.2 km run or cross	4.8 km run	Rest	30 min cross	6.4 km run
3	Rest	5.6 km run	3.2 km run or cross	5.6 km run	Rest	40 min cross	8.1 km run
4	Rest	5.9 km run	3.2 km run or cross	5.9 km run	Rest	40 min cross	8.1 km run
5	Rest	6.4 km run	3.2 km run or cross	6.4 km run	Rest	40 min cross	9.7 km run
6	Rest	6.4 km run	3.2 km run or cross	6.4 km run	Rest or easy run	Rest	5-K Race
7	Rest	7.3 km run	4.8 km run or cross	7.3 km run	Rest	50 min cross	11.3 km run
8	Rest	7.3 km run	4.8 km run or cross	7.3 km run	Rest	50 min cross	12.9 km run
9	Rest	8.1 km run	4.8 km run or cross	8.1 km run	Rest or easy run	Rest	10-K Race
10	Rest	8.1 km run	4.8 km run or cross	8.1 km run	Rest	60 min cross	14.5 km run
11	Rest	8.1 km run	4.8 km run or cross	8.1 km run	Rest	60 min cross	16.1 km run
12	Rest	6.4 km run	4.8 km run or cross	3.2 km run	Rest	Rest	Half Marathon
						My race date:	

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