

Hal Higdon: Half Marathon Intermediate 1 (miles)

[Train with TrainingPeaks.](#)

Week	Mon	Tue	Wed	Thu	Fri	Sat	Sun
1	30 min cross	3 mi run	4 mi run	3 mi run	Rest	3 mi run	4 mi run
2	30 min cross	3 mi run	4 mi pace	3 mi run	Rest	3 mi pace	5 mi run
3	40 min cross	3.5 mi run	5 mi run	3.5 mi run	Rest	Rest	6 mi run
4	40 min cross	3.5 mi run	5 mi pace	3.5 mi run	Rest	3 mi run	7 mi run
5	40 min cross	4 mi run	6 mi run	4 mi run	Rest	3 mi pace	8 mi run
6	50 min cross	4 mi run	6 mi pace	4 mi run	Rest or easy run	Rest	5-K Race
7	Rest	4.5 mi run	7 mi run	4.5 mi run	Rest	4 mi pace	9 mi run
8	50 min cross	4.5 mi run	7 mi pace	4.5 mi run	Rest	5 mi pace	10 mi run
9	60 min cross	5 mi run	8 mi run	5 mi run	Rest or easy run	Rest	10-K Race
10	Rest	5 mi run	8 mi pace	5 mi run	Rest	5 mi pace	11 mi run
11	60 min cross	5 mi run	6 mi run	4 mi run	Rest	3 mi pace	12 mi run
12	Rest	4 mi run	4 mi pace	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 Intermediate 1 page to get clarification on workouts.](#)

Hal Higdon: Half Marathon Intermediate 1 (kilometers)

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Week	Mon	Tue	Wed	Thu	Fri	Sat	Sun
1	30 min cross	4.8 km run	6.4 km run	4.8 km run	Rest	4.8 km run	6.4 km run
2	30 min cross	4.8 km run	6.4 km pace	4.8 km run	Rest	4.8 km pace	8.1 km run
3	40 min cross	5.9 km run	8.1 km run	5.9 km run	Rest	Rest	9.7 km run
4	40 min cross	5.9 km run	8.1 km pace	5.9 km run	Rest	4.8 km run	11.3 km run
5	40 min cross	6.4 km run	9.7 km run	6.4 km run	Rest	4.8 km pace	12.9 km run
6	50 min cross	6.4 km run	9.7 km pace	6.4 km run	Rest or easy run	Rest	5-K Race
7	Rest	7.3 km run	11.3 km run	7.3 km run	Rest	6.4 km pace	14.5 km run
8	50 min cross	7.3 km run	11.3 km pace	7.3 km run	Rest	8.1 km pace	16.1 km run
9	60 min cross	8.1 km run	12.9 km run	8.1 km run	Rest or easy run	Rest	10-K Race
10	Rest	8.1 km run	12.9 km pace	8.1 km run	Rest	8.1 km pace	17.7 km run
11	60 min cross	8.1 km run	9.7 km run	6.4 km run	Rest	4.8 km pace	19.3 km run
12	Rest	6.4 km run	6.4 km pace	3.2 km run	Rest	Rest	Half Marathon
						My race date:	

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