

Hal Higdon: Marathon Intermediate 1 (miles)

[Train with TrainingPeaks.](#)

Week	Mon	Tue	Wed	Thu	Fri	Sat	Sun
1	Cross	3 mi run	5 mi run	3 mi run	Rest	5 mi pace	8
2	Cross	3 mi run	5 mi run	3 mi run	Rest	5 mi run	9
3	Cross	3 mi run	5 mi run	3 mi run	Rest	5 mi pace	6
4	Cross	3 mi run	6 mi run	3 mi run	Rest	6 mi pace	11
5	Cross	3 mi run	6 mi run	3 mi run	Rest	6 mi run	12
6	Cross	3 mi run	5 mi run	3 mi run	Rest	6 mi pace	9
7	Cross	4 mi run	7 mi run	4 mi run	Rest	7 mi pace	14
8	Cross	4 mi run	7 mi run	4 mi run	Rest	7 mi run	15
9	Cross	4 mi run	5 mi run	4 mi run	Rest	Rest	Half Marathon
10	Cross	4 mi run	8 mi run	4 mi run	Rest	8 mi pace	17
11	Cross	5 mi run	8 mi run	5 mi run	Rest	8 mi run	18
12	Cross	5 mi run	5 mi run	5 mi run	Rest	8 mi pace	13
13	Cross	5 mi run	8 mi run	5 mi run	Rest	5 mi pace	20
14	Cross	5 mi run	5 mi run	5 mi run	Rest	8 mi run	12
15	Cross	5 mi run	8 mi run	5 mi run	Rest	5 mi pace	20
16	Cross	5 mi run	6 mi run	5 mi run	Rest	4 mi pace	12
17	Cross	4 mi run	5 mi run	4 mi run	Rest	3 mi run	8
18	Cross	3 mi run	4 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 Intermediate 1 Marathon page to get clarification on workouts.](#)

Hal Higdon: Marathon Intermediate 1 (kilometers)

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Week	Mon	Tue	Wed	Thu	Fri	Sat	Sun
1	Cross	4.8 km run	8.1 km run	4.8 km run	Rest	8.1 km pace	8
2	Cross	4.8 km run	8.1 km run	4.8 km run	Rest	8.1 km run	14.5
3	Cross	4.8 km run	8.1 km run	4.8 km run	Rest	8.1 km pace	8.7
4	Cross	4.8 km run	9.7 km run	4.8 km run	Rest	9.7 km pace	17.7
5	Cross	4.8 km run	9.7 km run	4.8 km run	Rest	9.7 km run	19.3
6	Cross	4.8 km run	8.1 km run	4.8 km run	Rest	9.7 km pace	14.5
7	Cross	6.4 km run	11.3 km run	6.4 km run	Rest	11.3 km pace	22.5
8	Cross	6.4 km run	11.3 km run	6.4 km run	Rest	11.3 km run	24.1
9	Cross	6.4 km run	8.1 km run	6.4 km run	Rest	Rest	Half Marathon
10	Cross	6.4 km run	12.9 km run	6.4 km run	Rest	12.9 km pace	27.4
11	Cross	8.1 km run	12.9 km run	8.1 km run	Rest	12.9 km run	29
12	Cross	8.1 km run	8.1 km run	8.1 km run	Rest	12.9 km pace	21
13	Cross	8.1 km run	12.9 km run	8.1 km run	Rest	8.1 km pace	32.2
14	Cross	8.1 km run	8.1 km run	8.1 km run	Rest	12.9 km run	19.3
15	Cross	8.1 km run	12.9 km run	8.1 km run	Rest	8.1 km pace	32.2
1	Cross	8.1 km run	9.7 km run	8.1 km run	Rest	6.4 km pace	19.3
17	Cross	6.4 km run	8.1 km run	6.4 km run	Rest	4.8 km run	12.9
18	Cross	4.8 km run	6.4 km run	Rest	Rest	3.2 km run	Marathon
							My race date:

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