Hal Higdon: Half Marathon Intermediate 2 (miles)

Train with TrainingPeaks.

Week	Mon	Tue	Wed	Thu	Fri	Sat	Sun
1	30 min cross	3 mi run	5 x 400 5-K pace	3 mi run	Rest	3 mi run	5 mi run
2	30 min cross	3 mi run	30 min tempo	3 mi run	Rest	3 mi pace	6 mi run
3	40 min cross	3.5 mi run	6 x 400 5-K pace	3 mi run	Rest	Rest	**5-K Race**
4	40 min cross	3.5 mi run	35 min tempo	3 mi run	Rest	3 mi run	7 mi run
5	40 min cross	4 mi run	7 x 400 5-K pace	3 mi run	Rest	3 mi pace	8 mi run
6	50 min cross	4 mi run	40 min tempo	3 mi run	Rest or easy run	Rest	**10-K Race**
7	Rest	4.5 mi run	8 x 400 5-K pace	3 mi run	Rest	4 mi pace	9 mi run
8	50 min cross	4.5 mi run	40 min tempo	3 mi run	Rest	5 mi pace	10 mi run
9	60 min cross	5 mi run	9 x 400 5-K pace	3 mi run	Rest or easy run	Rest	**15-K Race**
10	Rest	5 mi run	45 min tempo	3 mi run	Rest	5 mi pace	11 mi run
11	60 min cross	5 mi run	10 x 400 5-K pace	3 mi run	Rest	3 mi pace	12 mi run
12	Rest	4 mi run	30 min tempo	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 2 page to get clarification on workouts.

Hal Higdon: Half Marathon Intermediate 2 (kilometers)

Train with TrainingPeaks.

Week	Mon	Tue	Wed	Thu	Fri	Sat	Sun
1	30 min cross	4.8 km run	5 x 400 5-K pace	4.8 km run	Rest	4.8 km run	8.1 km run
2	30 min cross	4.8 km run	30 min tempo	4.8 km run	Rest	4.8 km pace	9.7 km run
3	40 min cross	5.9 km run	6 x 400 5-K pace	4.8 km run	Rest	Rest	**5-K Race**
4	40 min cross	5.9 km run	35 min tempo	4.8 km run	Rest	4.8 km run	11.3 km run
5	40 min cross	6.4 km run	7 x 400 5-K pace	4.8 km run	Rest	4.8 km pace	12.9 km run
6	50 min cross	6.4 km run	40 min tempo	4.8 km run	Rest or easy run	Rest	**10-K Race**
7	Rest	7.3 km run	8 x 400 5-K pace	4.8 km run	Rest	6.4 km pace	14.5 km run
8	50 min cross	7.3 km run	40 min tempo	4.8 km run	Rest	8.1 km pace	16.1 km run
9	60 min cross	8.1 km run	9 x 400 5-K pace	4.8 km run	Rest or easy run	Rest	**15-K Race**
10	Rest	8.1 km run	45 min tempo	4.8 km run	Rest	8.1 km pace	17.7 km run
11	60 min cross	8.1 km run	10 x 400 5K pace	4.8 km run	Rest	4.8 km pace	19.3 km run
12	Rest	6.4 km run	30 min tempo	3.2 km run	Rest	Rest	**Half Marathon**

My race date:

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