

# Hal Higdon: Marathon Novice 1 (miles)

[Train with TrainingPeaks.](#)

Week	Mon	Tue	Wed	Thu	Fri	Sat	Sun
1	Rest	3 mi run	3 mi run	3 mi run	Rest	6	Cross
2	Rest	3 mi run	3 mi run	3 mi run	Rest	7	Cross
3	Rest	3 mi run	4 mi run	3 mi run	Rest	5	Cross
4	Rest	3 mi run	4 mi run	3 mi run	Rest	9	Cross
5	Rest	3 mi run	5 mi run	3 mi run	Rest	10	Cross
6	Rest	3 mi run	5 mi run	3 mi run	Rest	7	Cross
7	Rest	3 mi run	6 mi run	3 mi run	Rest	12	Cross
8	Rest	3 mi run	6 mi run	3 mi run	Rest	Rest	<b>Half Marathon</b>
9	Rest	3 mi run	7 mi run	4 mi run	Rest	10	Cross
10	Rest	3 mi run	7 mi run	4 mi run	Rest	15	Cross
11	Rest	4 mi run	8 mi run	4 mi run	Rest	16	Cross
12	Rest	4 mi run	8 mi run	5 mi run	Rest	12	Cross
13	Rest	4 mi run	9 mi run	5 mi run	Rest	18	Cross
14	Rest	5 mi run	9 mi run	5 mi run	Rest	14	Cross
15	Rest	5 mi run	10 mi run	5 mi run	Rest	20	Cross
16	Rest	5 mi run	8 mi run	4 mi run	Rest	12	Cross
17	Rest	4 mi run	6 mi run	3 mi run	Rest	8	Cross
18	Rest	3 mi run	4 mi run	2 mi run	Rest	Rest	<b>Marathon</b>

**My race date:**

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

# Hal Higdon: Marathon Novice 1 (kilometers)

[Train with TrainingPeaks.](#)

Week	Mon	Tue	Wed	Thu	Fri	Sat	Sun
1	Rest	4.8 km run	4.8 km run	4.8 km run	Rest	9.7	Cross
2	Rest	4.8 km run	4.8 km run	4.8 km run	Rest	11.3	Cross
3	Rest	4.8 km run	6.4 km run	4.8 km run	Rest	8.1	Cross
4	Rest	4.8 km run	6.4 km run	4.8 km run	Rest	14.5	Cross
5	Rest	4.8 km run	8.1 km run	4.8 km run	Rest	16.1	Cross
6	Rest	4.8 km run	8.1 km run	4.8 km run	Rest	11.3	Cross
7	Rest	4.8 km run	9.7 km run	4.8 km run	Rest	19.3	Cross
8	Rest	4.8 km run	9.7 km run	4.8 km run	Rest	Rest	<b>Half Marathon</b>
9	Rest	4.8 km run	11.3 km run	6.4 km run	Rest	16.1	Cross
10	Rest	4.8 km run	11.3 km run	6.4 km run	Rest	24.1	Cross
11	Rest	6.4 km run	12.9 km run	6.4 km run	Rest	25.7	Cross
12	Rest	6.4 km run	12.9 km run	8.1 km run	Rest	19.3	Cross
13	Rest	6.4 km run	14.5 km run	8.1 km run	Rest	29	Cross
14	Rest	8.1 km run	14.5 km run	8.1 km run	Rest	22.5	Cross
15	Rest	8.1 km run	16.1 km run	8.1 km run	Rest	32.2	Cross
1	Rest	8.1 km run	12.9 km run	6.4 km run	Rest	19.3	Cross
17	Rest	6.4 km run	9.7 km run	4.8 km run	Rest	12.9	Cross
18	Rest	4.8 km run	6.4 km run	3.2 km run	Rest	Rest	<b>Marathon</b>

**My race date:**

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