

Hal Higdon: Marathon Novice 2 (miles)

[Train with TrainingPeaks.](#)

Week	Mon	Tue	Wed	Thu	Fri	Sat	Sun
1	Rest	3 mi run	5 m pace	3 mi run	Rest	8	Cross
2	Rest	3 mi run	5 mi run	3 mi run	Rest	9	Cross
3	Rest	3 mi run	5 m pace	3 mi run	Rest	6	Cross
4	Rest	3 mi run	6 m pace	3 mi run	Rest	11	Cross
5	Rest	3 mi run	6 mi run	3 mi run	Rest	12	Cross
6	Rest	3 mi run	6 m pace	3 mi run	Rest	9	Cross
7	Rest	4 mi run	7 m pace	4 mi run	Rest	14	Cross
8	Rest	4 mi run	7 mi run	4 mi run	Rest	15	Cross
9	Rest	4 mi run	7 m pace	4 mi run	Rest	Rest	Half Marathon
10	Rest	4 mi run	8 m pace	4 mi run	Rest	17	Cross
11	Rest	5 mi run	8 mi run	5 mi run	Rest	18	Cross
12	Rest	5 mi run	8 m pace	5 mi run	Rest	13	Cross
13	Rest	5 mi run	5 m pace	5 mi run	Rest	19	Cross
14	Rest	5 mi run	8 mi run	5 mi run	Rest	12	Cross
15	Rest	5 mi run	5 m pace	5 mi run	Rest	20	Cross
16	Rest	5 mi run	4 m pace	5 mi run	Rest	12	Cross
17	Rest	4 mi run	3 mi run	4 mi run	Rest	8	Cross
18	Rest	3 mi run	2 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 [Novice 2 Marathon](#) page to get clarification on workouts.

Hal Higdon: Marathon Novice 2 (kilometers)

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Week	Mon	Tue	Wed	Thu	Fri	Sat	Sun
1	Rest	4.8 km run	8.1 km pace	4.8 km run	Rest	12.9	Cross
2	Rest	4.8 km run	8.1 km run	4.8 km run	Rest	14.5	Cross
3	Rest	4.8 km run	8.1 km pace	4.8 km run	Rest	9.7	Cross
4	Rest	4.8 km run	9.7 km pace	4.8 km run	Rest	17.7	Cross
5	Rest	4.8 km run	9.7 km run	4.8 km run	Rest	19.3	Cross
6	Rest	4.8 km run	9.7 km pace	4.8 km run	Rest	14.5	Cross
7	Rest	6.4 km run	11.3 km pace	6.4 km run	Rest	22.5	Cross
8	Rest	6.4 km run	11.3 km run	6.4 km run	Rest	24.1	Cross
9	Rest	6.4 km run	11.3 km pace	6.4 km run	Rest	Rest	Half Marathon
10	Rest	6.4 km run	12.9 km pace	6.4 km run	Rest	27.4	Cross
11	Rest	8.1 km run	12.9 km run	8.1 km run	Rest	29	Cross
12	Rest	8.1 km run	12.9 km pace	8.1 km run	Rest	21	Cross
13	Rest	8.1 km run	8.1 km pace	8.1 km run	Rest	30.6	Cross
14	Rest	8.1 km run	12.9 km run	8.1 km run	Rest	19.3	Cross
15	Rest	8.1 km run	8.1 km pace	8.1 km run	Rest	32.2	Cross
16	Rest	8.1 km run	6.4 km pace	8.1 km run	Rest	19.3	Cross
17	Rest	6.4 km run	4.8 km run	6.4 km run	Rest	12.9	Cross
18	Rest	4.8 km run	3.2 km run	Rest	Rest	3.2 km run	Marathon
							My race date:

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