

Hal Higdon Marathon Training - Novice 2

WEEK	MON	TUE	WED	THU	FRI	SAT	SUN
1	Rest	3 m run	5 m pace	3 m run	Rest	8	Cross
2	Rest	3 m run	5 m run	3 m run	Rest	9	Cross
3	Rest	3 m run	5 m pace	3 m run	Rest	6	Cross
4	Rest	3 m run	6 m pace	3 m run	Rest	11	Cross
5	Rest	3 m run	6 m run	3 m run	Rest	12	Cross
6	Rest	3 m run	6 m pace	3 m run	Rest	9	Cross
7	Rest	4 m run	7 m pace	4 m run	Rest	14	Cross
8	Rest	4 m run	7 m run	4 m run	Rest	15	Cross
9	Rest	4 m run	7 m pace	4 m run	Rest	Rest	Half Marathon
10	Rest	4 m run	8 m pace	4 m run	Rest	17	Cross
11	Rest	5 m run	8 m run	5 m run	Rest	18	Cross
12	Rest	5 m run	8 m pace	5 m run	Rest	13	Cross
13	Rest	5 m run	5 m pace	5 m run	Rest	19	Cross
14	Rest	5 m run	8 m run	5 m run	Rest	12	Cross
15	Rest	5 m run	5 m pace	5 m run	Rest	20	Cross
16	Rest	5 m run	4 m pace	5 m run	Rest	12	Cross
17	Rest	4 m run	3 m run	4 m run	Rest	8	Cross
18	Rest	3 m run	2 m run	Rest	Rest	2 m run	Marathon

Marathon Training Guide Hal Higdon

Hal Higdon



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