

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.](#)