

Hal Higdon: Marathon Advanced 1 (miles)

[Train with TrainingPeaks.](#)

Week	Mon	Tue	Wed	Thu	Fri	Sat	Sun
1	3 mi run	5 mi run	3 mi run	3 x hill	Rest	5 mi pace	10
2	3 mi run	5 mi run	3 mi run	30 tempo	Rest	5 mi run	11
3	3 mi run	6 mi run	3 mi run	4 x 800	Rest	6 mi pace	8
4	3 mi run	6 mi run	3 mi run	4 x hill	Rest	6 mi pace	13
5	3 mi run	7 mi run	3 mi run	35 tempo	Rest	7 mi run	14
6	3 mi run	7 mi run	3 mi run	5 x 800	Rest	7 mi pace	10
7	3 mi run	8 mi run	4 mi run	5 x hill	Rest	8 mi pace	16
8	3 mi run	8 mi run	4 mi run	40 tempo	Rest	8 mi run	17
9	3 mi run	9 mi run	4 mi run	6 x 800	Rest	Rest	Half Marathon
10	3 mi run	9 mi run	4 mi run	6 x hill	Rest	9 mi pace	19
11	4 mi run	10 mi run	5 mi run	45 tempo	Rest	10 mi run	20
12	4 mi run	6 mi run	5 mi run	7 x 800	Rest	6 mi pace	12
13	4 mi run	10 mi run	5 mi run	7 x hill	Rest	10 mi pace	20
14	5 mi run	6 mi run	5 mi run	45 tempo	Rest	6 mi run	12
15	5 mi run	10 mi run	5 mi run	8 x 800	Rest	10 mi pace	20
16	5 mi run	8 mi run	5 mi run	6 x hill	Rest	4 mi pace	12
17	4 mi run	6 mi run	4 mi run	30 tempo	Rest	4 mi run	8
18	3 mi run	4 x 400	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 Marathon Advanced 1 page to get clarification on workouts.](#)