

# 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>
							<b>My race date:</b>

[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.](#)