

# 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	<b>Half Marathon</b>
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	<b>Marathon</b>

**My race date:**

Check [HalHigdon.com](http://HalHigdon.com) for updates and more training advice, and remember to return periodically to the [Novice 2 Marathon](#) page to get clarification on workouts.