

Hal Higdon: Marathon Novice 1 (kilometers)

[Train with TrainingPeaks.](#)

| Week | Mon | Tue | Wed | Thu | Fri | Sat | Sun |
|------|------|------------|-------------|------------|------|------|----------------------|
| 1 | Rest | 4.8 km run | 4.8 km run | 4.8 km run | Rest | 9.7 | Cross |
| 2 | Rest | 4.8 km run | 4.8 km run | 4.8 km run | Rest | 11.3 | Cross |
| 3 | Rest | 4.8 km run | 6.4 km run | 4.8 km run | Rest | 8.1 | Cross |
| 4 | Rest | 4.8 km run | 6.4 km run | 4.8 km run | Rest | 14.5 | Cross |
| 5 | Rest | 4.8 km run | 8.1 km run | 4.8 km run | Rest | 16.1 | Cross |
| 6 | Rest | 4.8 km run | 8.1 km run | 4.8 km run | Rest | 11.3 | Cross |
| 7 | Rest | 4.8 km run | 9.7 km run | 4.8 km run | Rest | 19.3 | Cross |
| 8 | Rest | 4.8 km run | 9.7 km run | 4.8 km run | Rest | Rest | Half Marathon |
| 9 | Rest | 4.8 km run | 11.3 km run | 6.4 km run | Rest | 16.1 | Cross |
| 10 | Rest | 4.8 km run | 11.3 km run | 6.4 km run | Rest | 24.1 | Cross |
| 11 | Rest | 6.4 km run | 12.9 km run | 6.4 km run | Rest | 25.7 | Cross |
| 12 | Rest | 6.4 km run | 12.9 km run | 8.1 km run | Rest | 19.3 | Cross |
| 13 | Rest | 6.4 km run | 14.5 km run | 8.1 km run | Rest | 29 | Cross |
| 14 | Rest | 8.1 km run | 14.5 km run | 8.1 km run | Rest | 22.5 | Cross |
| 15 | Rest | 8.1 km run | 16.1 km run | 8.1 km run | Rest | 32.2 | Cross |
| 1 | Rest | 8.1 km run | 12.9 km run | 6.4 km run | Rest | 19.3 | Cross |
| 17 | Rest | 6.4 km run | 9.7 km run | 4.8 km run | Rest | 12.9 | Cross |
| 18 | Rest | 4.8 km run | 6.4 km run | 3.2 km run | Rest | Rest | Marathon |

My race date:

[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.](#)