

## Hal Higdon's MARATHON TRAINING GUIDE

### Marathon Training Schedule: *Advanced - II*

Week	Mon	Tue	Wed	Thur	Fri	Sat	Sun
<a href="#">1</a>	3 m run	3 x hill	3 m run	30 Tem	rest	5 m pace	10
<a href="#">2</a>	3 m run	30 Tem	3 m run	3 m pace	rest	5 m run	11
<a href="#">3</a>	3 m run	4 x 800	3 m run	30 Tem	rest	6 m pace	8
<a href="#">4</a>	3 m run	4 x hill	3 m run	35 Tem	rest	6 m pace	13
<a href="#">5</a>	3 m run	35 Tem	3 m run	3 m pace	rest	7 m run	14
<a href="#">6</a>	3 m run	5 x 800	3 m run	35 Tem	rest	7 m pace	10
<a href="#">7</a>	3 m run	5 x hill	4 m run	40 Tem	rest	8 m pace	16
<a href="#">8</a>	3 m run	40 Tem	4 m run	3 m pace	rest	8 m run	17
<a href="#">9</a>	4 m run	6 x 800	4 m run	40 Tem	rest	9 m pace	12
<a href="#">10</a>	3 m run	6 x hill	4 m run	45 Tem	rest	9 m pace	19
<a href="#">11</a>	4 m run	45 Tem	5 m run	4 m pace	rest	10 m run	20
<a href="#">12</a>	4 m run	7 x 800	5 m run	45 Tem	rest	6 m pace	12
<a href="#">13</a>	4 m run	7 x hill	5 m run	50 Tem	rest	10 m pace	20
<a href="#">14</a>	5 m run	45 tem	5 m run	5 m pace	rest	6 m run	12
<a href="#">15</a>	5 m run	8 x 800	5 m run	40 Tem	rest	10 m pace	20
<a href="#">16</a>	5 m run	6 x hill	5 m run	30 Tem	rest	4 m pace	12
<a href="#">17</a>	4 m run	30 Tem	4 m run	4 m pace	rest	4 m run	8
<a href="#">18</a>	3 m run	4 x 400	3 m run	rest	rest	2 m run	race



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