

Hal Higdon's
**MARATHON
 TRAINING GUIDE**

Marathon Training Schedule: *Novice*

Week	Mon	Tue	Wed	Thur	Fri	Sat	Sun
1	rest	3 m run	3 m run	3 m run	rest	6	cross
2	rest	3 m run	3 m run	3 m run	rest	7	cross
3	rest	3 m run	4 m run	3 m run	rest	5	cross
4	rest	3 m run	4 m run	3 m run	rest	9	cross
5	rest	3 m run	5 m run	3 m run	rest	10	cross
6	rest	3 m run	5 m run	3 m run	rest	7	cross
7	rest	3 m run	6 m run	3 m run	rest	12	cross
8	rest	3 m run	6 m run	3 m run	rest	13	cross
9	rest	3 m run	7 m run	4 m run	rest	10	cross
10	rest	3 m run	7 m run	4 m run	rest	15	cross
11	rest	4 m run	8 m run	4 m run	rest	16	cross
12	rest	4 m run	8 m run	5 m run	rest	12	cross
13	rest	4 m run	9 m run	5 m run	rest	18	cross
14	rest	5 m run	9 m run	5 m run	rest	14	cross
15	rest	5 m run	10 m run	5 m run	rest	20	cross
16	rest	5 m run	8 m run	4 m run	rest	12	cross
17	rest	4 m run	6 m run	3 m run	rest	8	cross
18	rest	3 m run	4 m run	2 m run	rest	rest	race