

Hal Higdon's
**MARATHON
TRAINING GUIDE**

**An 18-week program that
guarantees marathon success**



Among my most enjoyable activities is helping runners train for [The LaSalle Bank Chicago Marathon](#). I have no idea how many runners in that race train using one of my 18-week programs, but the number is huge! And many runners use the same programs to prepare for other marathons, accessing them for free on my website, or through [InterActive Training](#), where runners can sign up to get daily e-mail messages telling them what to run each day. The schedules also are available in my books and booklets, most specifically [Marathon: The Ultimate Training Guide](#).

The largest number of runners choose my [Novice](#) program. And there is a good reason. Forty percent of the 40,000 who register for Chicago each year are doing their first marathon, often their first road race! This is true for most other major marathons too. Whether from word-of-mouth or some other source, they learn that my 18-week schedule for beginning runners is pretty much foolproof. It is a gently progressive program involving four days of running a week. The long run in the first week of training is a relatively easy 6-miler. Each weekend, the long run gets longer, peaking at 20 miles three weeks before the marathon. A tapering period allows runners to gather energy for the race. Stepback weeks allow runners to avoid overtraining. Cross-training and ample amounts of rest complete the mix. And it works! Many experienced runners doing their second, third and fourth marathons stick with the Novice program, because it fits well into their busy lives.

But for those hoping to improve, to set Personal Records, or to qualify for The Boston Marathon, I also offer two [Intermediate](#) and two [Advanced](#) programs, each one a logical step upward in difficulty and intensity. The Intermediate I and Intermediate II programs offer more mileage. The Advanced I and Advanced II programs insert speedwork. Check out the introductory screens for each to see which of my five programs works best for you.

In Chicago, the Chicago Area Running Association (CARA) sponsors a marathon training program that utilizes my schedules and attracts nearly 2,500 participants each summer. If you live in or near Chicago, contact CARA by phone at 312/666-9836, or by e-mail at cararuns@aol.com. For more information, visit the [CARA website](#).

But you don't need to live in Chicago or run the Chicago Marathon to train with me. My programs are now being used by runners training for the [Hong Kong Marathon](#). And thanks to the World Wide Web, you can become my InterActive training

partner by using the schedules here on my website to train for any marathon. You can also sign up for my [InterActive Training](#), which will provide you with daily tips and training by e-mail. If you are training for Chicago, you can receive daily e-mail messages for a reduced price. If training for a different marathon or races at other distances, there is a fee to go InterActive. Whether or not you pay a fee, if you have a question about your training, you can ask it on one of our V-Boards, and more than likely I'll give you an answer. That feature is free! Never before has it been easier to run a marathon. Never before has it been more fun!

--Hal Higdon

HAL HIGDON'S MARATHON TRAINING GUIDE: Preparing to run 26 miles 385 yards Novice Program Intermediate Programs Advanced Program <div style="background-color: #f4a460; border-radius: 15px; padding: 5px; display: inline-block;"> <i>Go Interactive: Only \$29.95</i> </div>				
Marathon Training Schedules				
<u>Novice</u>	<u>Intermediate - I</u>	<u>Intermediate - II</u>	<u>Advanced - I</u>	<u>Advanced - II</u>
WEEK 1	WEEK 1	WEEK 1	WEEK 1	WEEK 1
WEEK 2	WEEK 2	WEEK 2	WEEK 2	WEEK 2
WEEK 3	WEEK 3	WEEK 3	WEEK 3	WEEK 3
WEEK 4	WEEK 4	WEEK 4	WEEK 4	WEEK 4
WEEK 5	WEEK 5	WEEK 5	WEEK 5	WEEK 5
WEEK 6	WEEK 6	WEEK 6	WEEK 6	WEEK 6
WEEK 7	WEEK 7	WEEK 7	WEEK 7	WEEK 7

WEEK 8	WEEK 8	WEEK 8	WEEK 8	WEEK 8
WEEK 9	WEEK 9	WEEK 9	WEEK 9	WEEK 9
WEEK 10	WEEK 10	WEEK 10	WEEK 10	WEEK 10
WEEK 11	WEEK 11	WEEK 11	WEEK 11	WEEK 11
WEEK 12	WEEK 12	WEEK 12	WEEK 12	WEEK 12
WEEK 13	WEEK 13	WEEK 13	WEEK 13	WEEK 13
WEEK 14	WEEK 14	WEEK 14	WEEK 14	WEEK 14
WEEK 15	WEEK 15	WEEK 15	WEEK 15	WEEK 15
WEEK 16	WEEK 16	WEEK 16	WEEK 16	WEEK 16
WEEK 17	WEEK 17	WEEK 17	WEEK 17	WEEK 17
WEEK 18	WEEK 18	WEEK 18	WEEK 18	WEEK 18
WEEK 0	WEEK 0	WEEK 0	WEEK 0	WEEK 0
Marathon Recovery Schedules				
Senior Marathon Training Program				
Multiple Marathon Training Schedules (2, 4, 6 & 8 weeks between marathons)				
LaSalle Bank Chicago Marathon Website				



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Hal Higdon's Marathon Training Guide

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