

Hal Higdon: Half Marathon Novice 1 (miles)

Week	Mon	Tue	Wed	Thu	Fri	Sat	Sun
1	Rest	3 mi run	2 mi run or cross	3 mi run	Rest	30 min cross	4 mi run
2	Rest	3 mi run	2 mi run or cross	3 mi run	Rest	30 min cross	4 mi run
3	Rest	3.5 mi run	2 mi run or cross	3.5 mi run	Rest	40 min cross	5 mi run
4	Rest	3.5 mi run	2 mi run or cross	3.5 mi run	Rest	40 min cross	5 mi run
5	Rest	4 mi run	2 mi run or cross	4 mi run	Rest	40 min cross	6 mi run
6	Rest	4 mi run	2 mi run or cross	4 mi run	Rest or easy run	Rest	5-K Race
7	Rest	4.5 mi run	3 mi run or cross	4.5 mi run	Rest	50 min cross	7 mi run
8	Rest	4.5 mi run	3 mi run or cross	4.5 mi run	Rest	50 min cross	8 mi run
9	Rest	5 mi run	3 mi run or cross	5 mi run	Rest or easy run	Rest	10-K Race
10	Rest	5 mi run	3 mi run or cross	5 mi run	Rest	60 min cross	9 mi run
11	Rest	5 mi run	3 mi run or cross	5 mi run	Rest	60 min cross	10 mi run
12	Rest	4 mi run	3 mi run or cross	2 mi run	Rest	Rest	Half Marathon
						My race date: 6/14/2025	