

Hal Higdon Novice Marathon Training

Week	Date	Mon	Tue	Wed	Thur	Fri	Sat	Sun
1	22-Jun	Rest	3m run	3m run	3m run	Rest	6m run	cross train
2	29-Jun	Rest	3m run	3m run	3m run	Rest	7m run	cross train
3	6-Jul	Rest	3m run	4m run	3m run	Rest	5m run	cross train
4	13-Jul	Rest	3m run	4m run	3m run	Rest	9m run	cross train
5	20-Jul	Rest	3m run	5m m run	3m run	Rest	10m run	cross train
6	27-Jul	Rest	3m run	5m m run	3m run	Rest	7m run	cross train
7	3-Aug	Rest	3m run	6m run	3m run	Rest	12m run	cross train
8	10-Aug	Rest	3m run	6m run	3m run	Rest	13m run	cross train
9	17-Aug	Rest	3m run	7m run	4m run	Rest	10m run	cross train
10	24-Aug	Rest	3m run	7m run	4m run	Rest	15m run	cross train
11	31-Aug	Rest	4m run	8m run	4m run	Rest	16m run	cross train
12	7-Sep	Rest	4m run	8m run	5m run	Rest	12m run	cross train
13	14-Sep	Rest	4m run	9m run	5m run	Rest	18m run	cross train
14	21-Sep	Rest	5m run	9m run	5m run	Rest	14m run	cross train
15	28-Sep	Rest	5m run	10m run	5m run	Rest	20m run	cross train
16	5-Oct	Rest	5m run	8m run	4 m run	Rest	12m run	cross train
17	12-Oct	Rest	4m run	6m run	3 m run	Rest	8m run	cross train
18	19-Oct	Rest	3m run	4m run	2m run	Rest	Rest	MCM

For more details visit www.halhigdon.com ("Novice 1" marathon schedule)

<http://www.halhigdon.com/marathon/Mar00novice.htm>

It is wise to consult your doctor before starting a new exercise program.