

Half-Marathon Training Plan

Higdon Novice 1

Wk	Mon	Tue	Wed	Thu	Fri	Sat	Sun
1	1	2	3	4	5	6	7
19		5 km	3 km or cross	5 km		30 min	6 km
2	8	9	10	11	12	13	14
19		5 km	3 km or cross	5 km		30 min	6 km
3	15	16	17	18	19	20	21
23		6 km	3 km or cross	6 km		40 min	8 km
4	22	23	24	25	26	27	28
23		6 km	3 km or cross	6 km		40 min	8 km
5	29	30	31	32	33	34	35
26		6 km	3 km or cross	6 km		40 min	10 km
6	36	37	38	39	40	41	42
16		6 km	3 km or cross	6 km	or easy run		5 km
7	43	44	45	46	47	48	49
31		7 km	5 km or cross	7 km		50 min	11 km
8	50	51	52	53	54	55	56
32		7 km	5 km or cross	7 km		50 min	13 km
9	57	58	59	60	61	62	63
21		8 km	5 km or cross	8 km	or easy run		10 km
10	64	65	66	67	68	69	70
35		8 km	5 km or cross	8 km		60 min	14 km
11	71	72	73	74	75	76	77
29		8 km	5 km or cross	8 km		60 min	16 km
12	78	79	80	81	82	83	84
36		6 km	5 km or cross	3 km			half

rest cross long pace race tempo interval hill