

Half-Marathon Training Plan

Higdon Novice 2

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

rest cross long pace race tempo interval hill