## Hal Higdon's Half Marathon Training Program

### Half Marathon Training: Novice

<table>
<thead>
<tr>
<th>Week</th>
<th>Mon</th>
<th>Tue</th>
<th>Wed</th>
<th>Thu</th>
<th>Fri</th>
<th>Sat</th>
<th>Sun</th>
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</thead>
<tbody>
<tr>
<td>1</td>
<td>Stretch &amp; Strengthen</td>
<td>3 m run</td>
<td>2 m run</td>
<td>3 m run +</td>
<td>Rest</td>
<td>30 min</td>
<td>4 m run</td>
</tr>
<tr>
<td></td>
<td></td>
<td>or cross</td>
<td></td>
<td>strength</td>
<td></td>
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<td>Stretch &amp; Strengthen</td>
<td>3 m run</td>
<td>2 m run</td>
<td>3 m run +</td>
<td>Rest</td>
<td>30 min</td>
<td>4 m run</td>
</tr>
<tr>
<td></td>
<td></td>
<td>or cross</td>
<td></td>
<td>strength</td>
<td></td>
<td>cross</td>
<td></td>
</tr>
<tr>
<td>3</td>
<td>Stretch &amp; Strengthen</td>
<td>3.5 m</td>
<td>2 m run</td>
<td>3.5 m run +</td>
<td>Rest</td>
<td>40 min</td>
<td>5 m run</td>
</tr>
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<td></td>
<td>strength</td>
<td></td>
<td>cross</td>
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<td>2 m run</td>
<td>3.5 m run +</td>
<td>Rest</td>
<td>40 min</td>
<td>5 m run</td>
</tr>
<tr>
<td></td>
<td>run</td>
<td>or cross</td>
<td></td>
<td>strength</td>
<td></td>
<td>cross</td>
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<td>2 m run</td>
<td>4 m run +</td>
<td>Rest</td>
<td>40 min</td>
<td>6 m run</td>
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<td></td>
<td>or cross</td>
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<td>strength</td>
<td></td>
<td>cross</td>
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<td>2 m run</td>
<td>4 m run +</td>
<td>Rest or</td>
<td>Rest</td>
<td>5-K Race</td>
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<tr>
<td></td>
<td></td>
<td>or cross</td>
<td></td>
<td>strength</td>
<td>easy run</td>
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<td>4.5 m run +</td>
<td>Rest</td>
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<td>Rest</td>
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<td>Rest or</td>
<td>Rest</td>
<td>10-K Race</td>
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<td>9 m run</td>
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<td>2 m run</td>
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<td>Rest</td>
<td>Half</td>
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