

Hal Higdon: Marathon Intermediate 2 (miles)

[Train with TrainingPeaks.](#)

Week	Mon	Tue	Wed	Thu	Fri	Sat	Sun
1	Cross	3 mi run	5 mi run	3 mi run	Rest	5 mi pace	10
2	Cross	3 mi run	5 mi run	3 mi run	Rest	5 mi run	11
3	Cross	3 mi run	6 mi run	3 mi run	Rest	6 mi pace	8
4	Cross	3 mi run	6 mi run	3 mi run	Rest	6 mi pace	13
5	Cross	3 mi run	7 mi run	3 mi run	Rest	7 mi run	14
6	Cross	3 mi run	7 mi run	3 mi run	Rest	7 mi pace	10
7	Cross	4 mi run	8 mi run	4 mi run	Rest	8 mi pace	16
8	Cross	4 mi run	8 mi run	4 mi run	Rest	8 mi run	17
9	Cross	4 mi run	9 mi run	4 mi run	Rest	Rest	Half Marathon
10	Cross	4 mi run	9 mi run	4 mi run	Rest	9 mi pace	19
11	Cross	5 mi run	10 mi run	5 mi run	Rest	10 mi run	20
12	Cross	5 mi run	6 mi run	5 mi run	Rest	6 mi pace	12
13	Cross	5 mi run	10 mi run	5 mi run	Rest	10 mi pace	20
14	Cross	5 mi run	6 mi run	5 mi run	Rest	6 mi run	12
15	Cross	5 mi run	10 mi run	5 mi run	Rest	10 mi pace	20
16	Cross	5 mi run	8 mi run	5 mi run	Rest	4 mi pace	12
17	Cross	4 mi run	6 mi run	4 mi run	Rest	4 mi run	8
18	Cross	3 mi run	4 mi run	Rest	Rest	2 mi run	Marathon
							My race date:

[Check HalHigdon.com for updates and more training advice, and remember to return periodically to the Marathon Intermediate 2 page to get clarification on workouts.](#)

Hal Higdon: Marathon Intermediate 2 (kilometers)

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Week	Mon	Tue	Wed	Thu	Fri	Sat	Sun
1	Cross	4.8 km run	8.1 km run	4.8 km run	Rest	8.1 km pace	16.1
2	Cross	4.8 km run	8.1 km run	4.8 km run	Rest	8.1 km run	17.7
3	Cross	4.8 km run	9.7 km run	4.8 km run	Rest	9.7 km pace	12.9
4	Cross	4.8 km run	9.7 km run	4.8 km run	Rest	9.7 km pace	21
5	Cross	4.8 km run	11.3 km run	4.8 km run	Rest	11.3 km run	22.5
6	Cross	4.8 km run	11.3 km run	4.8 km run	Rest	11.3 km pace	16.1
7	Cross	6.4 km run	12.9 km run	6.4 km run	Rest	12.9 km pace	1.6
8	Cross	6.4 km run	12.9 km run	6.4 km run	Rest	12.9 km run	27.4
9	Cross	6.4 km run	14.5 km run	6.4 km run	Rest	Rest	Half Marathon
10	Cross	6.4 km run	14.5 km run	6.4 km run	Rest	14.5 km pace	30.6
11	Cross	8.1 km run	16.1 km run	8.1 km run	Rest	16.1 km run	32.2
12	Cross	8.1 km run	9.7 km run	8.1 km run	Rest	9.7 km pace	19.3
13	Cross	8.1 km run	16.1 km run	8.1 km run	Rest	16.1 km pace	32.2
14	Cross	8.1 km run	9.7 km run	8.1 km run	Rest	9.7 km run	19.3
15	Cross	8.1 km run	16.1 km run	8.1 km run	Rest	16.1 km pace	32.2
16	Cross	8.1 km run	12.9 km run	8.1 km run	Rest	6.4 km pace	19.3
17	Cross	6.4 km run	9.7 km run	6.4 km run	Rest	6.4 km run	12.9
18	Cross	4.8 km run	6.4 km run	Rest	Rest	3.2 km run	Marathon
							My race date:

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