Hal Higdon: Half Marathon Novice 2 (miles)

Train with TrainingPeaks.

Week	Mon	Tue	Wed	Thu	Fri	Sat	Sun
1	Rest	3 mi run	3 mi run	3 mi run	Rest	4 mi run	60 min cross
2	Rest	3 mi run	3 mi pace	3 mi run	Rest	5 mi run	60 min cross
3	Rest	3 mi run	4 mi run	3 mi run	Rest	6 mi run	60 min cross
4	Rest	3 mi run	4 mi pace	3 mi run	Rest	7 mi run	60 min cross
5	Rest	3 mi run	4 mi run	3 mi run	Rest	8 mi run	60 min cross
6	Rest	3 mi run	4 mi pace	3 mi run	Rest	**5-K Race**	60 min cross
7	Rest	3 mi run	5 mi run	3 mi run	Rest	9 mi run	60 min cross
8	Rest	3 mi run	5 mi pace	3 mi run	Rest	10 mi run	60 min cross
9	Rest	3 mi run	5 mi run	3 mi run	Rest	**10-K Race**	60 min cross
10	Rest	3 mi run	5 mi pace	3 mi run	Rest	11 mi run	60 min cross
11	Rest	3 mi run	5 mi run	3 mi run	Rest	12 mi run	60 min cross
12	Rest	3 mi run	2 mi pace	2 mi run	Rest	Rest	**Half Marathon**
						My race date:	

Check HalHigdon.com for updates and more training advice, and remember to return periodically to the Half Marathon Novice 2 page to get clarification on workouts.

Hal Higdon: Half Marathon Novice 2 (kilometers)

Train with TrainingPeaks.

Week	Mon	Tue	Wed	Thu	Fri	Sat	Sun
1	Rest	4.8 km run	4.8 km run	4.8 km run	Rest	6.4 km run	60 min cross
2	Rest	4.8 km run	4.8 km pace	4.8 km run	Rest	8.1 km run	60 min cross
3	Rest	4.8 km run	6.4 km run	4.8 km run	Rest	9.7 km run	60 min cross
4	Rest	4.8 km run	6.4 km pace	4.8 km run	Rest	11.3 km run	60 min cross
5	Rest	4.8 km run	6.4 km run	4.8 km run	Rest	12.9 km run	60 min cross
6	Rest	4.8 km run	6.4 km pace	4.8 km run	Rest	**5-K Race**	60 min cross
7	Rest	4.8 km run	8.1 km run	4.8 km run	Rest	14.5 km run	60 min cross
8	Rest	4.8 km run	8.1 km pace	4.8 km run	Rest	16.1 km run	60 min cross
9	Rest	4.8 km run	8.1 km run	4.8 km run	Rest	**10-K Race**	60 min cross
10	Rest	4.8 km run	8.1 km pace	4.8 km run	Rest	17.7 km run	60 min cross
11	Rest	4.8 km run	8.1 km run	4.8 km run	Rest	19.3 km run	60 min cross
12	Rest	4.8 km run	3.2 km pace	3.2 km run	Rest	Rest	**Half Marathon**
						My race date:	

Check HalHigdon.com for updates and more training advice, and remember to return periodically to the Half Marathon Novice 2 page to get clarification on workouts.