

Half-Marathon Training Schedule

adapted from Hal Higdon's Novice Training Schedule

Week	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Oct 26	3 miles	30 min cross	3 miles + strength	Rest	2 miles or cross	4 miles	Stretch & Strength
Nov 2	3 miles	30 min cross	3 miles + strength	Rest	2 miles or cross	4 miles	Stretch & Strength
Nov 9	3.5 miles	40 min cross	3.5 miles + strength	Rest	2 miles or cross	5 miles	Stretch & Strength
Nov 16	3.5 miles	40 min cross	3.5 miles + strength	Rest	2 miles or cross	5 miles	Stretch & Strength
Nov 23	4 miles	40 min cross	4 miles + strength	Rest	2 miles or cross	6 miles	Stretch & Strength
Nov 30	4 miles	40 min cross	4 miles + strength	Rest	2 miles or cross	6 miles	Stretch & Strength
Dec 7	4.5 miles	50 min cross	4.5 miles + strength	Rest	3 miles or cross	7 miles	Stretch & Strength
Dec 14	4.5 miles	50 min cross	4.5 miles + strength	Rest	3 miles or cross	7 miles	Stretch & Strength
Dec 21	5 miles	50 min cross	5 miles + strength	Rest	3 miles or cross	8 miles	Stretch & Strength
Dec 28	5 miles	60 min cross	5 miles + strength	Rest	3 miles or cross	9 miles	Stretch & Strength
Jan 4	5 miles	60 min cross	5 miles + strength	Rest	3 miles or cross	10 miles	Stretch & Strength
Jan 11	4 miles	30 min cross	2 miles	Easy Run/Walk	Rest	Rest	Half-Marathon