

Novice 1-2 Marathon Training Schedule, adapted from a Hal Higdon's schedule

Rest on Mondays & Fridays.

Codes: I = interval training
 E = Easy
 T = Tempo run
 H = hills
 L = long run
 M = marathon pace

Wk	Date	Tue	Wed	Thu	Sat	Sun	Weekly totals
		I 5 - 8	E 8	T 5	E 5	L 19 - 22	42 - 48
1	4/29/2019	H 5 - 8	E 8 - 10	TT 11min	E 6 - 10	10	34 - 43
2	5/6/2019	I 5 - 8	E 8	M 6	E 5 - 6	21	45 - 49
3	5/13/2019	H 5 - 10	E 5 - 8	T 6 - 8	E 5	L 25	46 - 56
4	5/20/2019	I 6 - 10	E 8	T 6 - 10	Rest	35 (240)	55 - 63
5	5/27/2019	H 6 - 10	E 8	M 8 - 10	E 5	24 (140)	51 - 57
6	6/3/2019	I 8 - 10	E 8	T 8 - 10	E 5	21.1	50 - 54
7	6/10/2019	H 8 - 12	E 10	T 8 - 12	E 5	L 18 - 22	49 - 61
8	6/17/2019	I 8 - 12	E 8 - 10	T 8 - 12	E 5	L19 - 22	48 - 61
9	6/24/2019	H 8 - 12	E 8 - 10	M 8 - 10	Rest	32 - 36	56 - 68
10	7/1/2019	E 3 - 6	E 5 - 10	E 5	TT 5	L 17	35 - 43
11	7/8/2019	E 8	E 5 - 10	E 3 - 6	E 5	E 13	34 - 42
12	7/15/2019	E 5	E 6	E 3	Rest	Weipa Running Festival	56
13		E 3	Rest			Total	710-831