

Basic Marathon Plan

Week	Mon	Tue	Wed	Thu	Fri	Sat	Sun
1	Rest	5	5	5	Rest	Cross	10
2	Rest	5	5	5	Rest	Cross	11
3	Rest	5	6	5	Rest	Cross	8
4	Rest	5	6	5	Rest	Cross	14
5	Rest	5	8	5	Rest	Cross	16
6	Rest	5	8	5	Rest	Cross	11
7	Rest	5	10	5	Rest	Cross	19
8	Rest	5	10	5	Rest	Cross	21
9	Rest	5	11	6	Rest	Cross	16
10	Rest	5	11	6	Rest	Cross	24
11	Rest	6	13	6	Rest	Cross	26
12	Rest	6	13	8	Rest	Cross	19
13	Rest	6	14	8	Rest	Cross	29
14	Rest	8	14	8	Rest	Cross	23
15	Rest	8	16	8	Rest	Cross	32
16	Rest	8	13	6	Rest	Cross	19
17	Rest	6	10	5	Rest	Cross	13
18	Rest	5	6	3	Rest	Marathon	

Distances in kilometers

Adapted from Hal Higdon's Novice 1 Marathon Training Program.

See <http://www.halhigdon.com>