

2012 AFM Hal Higdon Novice Marathon Training

Week	Date	Mon	Tue	Wed	Thur	Fri	Sat	Sun
1	14-May	Rest	3m run	3m run	3m run	Rest	6m run	cross train
2	21-May	Rest	3m run	3m run	3m run	Rest	7m run	cross train
3	28-May	Rest	3m run	4m run	3m run	Rest	5m run	cross train
4	4-Jun	Rest	3m run	4m run	3m run	Rest	9m run	cross train
5	11-Jun	Rest	3m run	5m m run	3m run	Rest	10m run	cross train
6	18-Jun	Rest	3m run	5m m run	3m run	Rest	7m run	cross train
7	25-Jun	Rest	3m run	6m run	3m run	Rest	12m run	cross train
8	2-Jul	Rest	3m run	6m run	3m run	Rest	13m run	cross train
9	9-Jul	Rest	3m run	7m run	4m run	Rest	10m run	cross train
10	16-Jul	Rest	3m run	7m run	4m run	Rest	15m run	cross train
11	23-Jul	Rest	4m run	8m run	4m run	Rest	16m run	cross train
12	30-Jul	Rest	4m run	8m run	5m run	Rest	12m run	cross train
13	6-Aug	Rest	4m run	9m run	5m run	Rest	18m run	cross train
14	13-Aug	Rest	5m run	9m run	5m run	Rest	14m run	cross train
15	20-Aug	Rest	5m run	10m run	5m run	Rest	20m run	cross train
16	27-Aug	Rest	5m run	8m run	4 m run	Rest	12m run	cross train
17	3-Sep	Rest	4m run	6m run	3 m run	Rest	8m run	cross train
18	10-Sep	Rest	3m run	2m run	Rest	Rest	AFM	walk

For more details visit www.halhighdon.com ("Novice 1" marathon schedule)

<http://halhighdon.com/training/51137/Marathon-Novice-1-Training-Program>

It is wise to consult your doctor before starting a new exercise program.