

Hal Higdon Marathon Training - Novice 2

WEEK	MON	TUE	WED	THU	FRI	SAT	SUN
1	Rest	3 m run	5 m pace	3 m run	Rest	8	Cross
2	Rest	3 m run	5 m run	3 m run	Rest	9	Cross
3	Rest	3 m run	5 m pace	3 m run	Rest	6	Cross
4	Rest	3 m run	6 m pace	3 m run	Rest	11	Cross
5	Rest	3 m run	6 m run	3 m run	Rest	12	Cross
6	Rest	3 m run	6 m pace	3 m run	Rest	9	Cross
7	Rest	4 m run	7 m pace	4 m run	Rest	14	Cross
8	Rest	4 m run	7 m run	4 m run	Rest	15	Cross
9	Rest	4 m run	7 m pace	4 m run	Rest	Rest	Half Marathon
10	Rest	4 m run	8 m pace	4 m run	Rest	17	Cross
11	Rest	5 m run	8 m run	5 m run	Rest	18	Cross
12	Rest	5 m run	8 m pace	5 m run	Rest	13	Cross
13	Rest	5 m run	5 m pace	5 m run	Rest	19	Cross
14	Rest	5 m run	8 m run	5 m run	Rest	12	Cross
15	Rest	5 m run	5 m pace	5 m run	Rest	20	Cross
16	Rest	5 m run	4 m pace	5 m run	Rest	12	Cross
17	Rest	4 m run	3 m run	4 m run	Rest	8	Cross
18	Rest	3 m run	2 m run	Rest	Rest	2 m run	Marathon

Marathon Training Guide Hal Higdon

Emilie Sanchez



Marathon Training Guide Hal Higdon:

Unveiling the Magic of Words: A Review of "**Marathon Training Guide Hal Higdon**"

In some sort of defined by information and interconnectivity, the enchanting power of words has acquired unparalleled significance. Their power to kindle emotions, provoke contemplation, and ignite transformative change is truly awe-inspiring. Enter the realm of "**Marathon Training Guide Hal Higdon**," a mesmerizing literary masterpiece penned by a distinguished author, guiding readers on a profound journey to unravel the secrets and potential hidden within every word. In this critique, we shall delve in to the book is central themes, examine its distinctive writing style, and assess its profound effect on the souls of its readers.

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