



HALF MARATHON

May 31, 2025

St. Paul

13.1 10 Week Training Plan

Date Started: _____ Goal: _____

Wk	Mon	Tues	Wed	Thur	Fri	Sat	Sun
1	Strength Upper Body	2 miles	Strength Lower Body	3 miles	Rest & Mobility	4 miles	Rest
2	Strength Upper Body	2 miles	Strength Lower Body	3 miles	Rest & Mobility	5 miles	Rest
3	Strength Upper Body	3 miles	Strength Lower Body	4 miles	Rest & Mobility	6 miles	Rest
4	Strength Upper Body	4 miles	Strength Lower Body	4 miles	Rest & Mobility	7 miles	Rest
5	Strength Upper Body	4 miles	Strength Lower Body	5 miles	Rest & Mobility	8 miles	Rest
6	Strength Upper Body	6 miles	Strength Lower Body	5 miles	Rest & Mobility	9 miles	Rest
7	Strength Upper Body	6 miles	Strength Lower Body	4 miles	Rest & Mobility	10 miles	Rest
8	Strength Upper Body	5 miles	Strength Lower Body	4 miles	Rest & Mobility	11 miles	Rest
9	Strength Upper Body	5 miles	Strength Lower Body	3 miles	Rest & Mobility	5 miles	Rest
10	Strength Upper Body	3 miles	Strength Lower Body	3 miles	Rest & Mobility	Race Day	Rest

**For a personalized training plan designed just for you
download the Humango App**