



Human  
Powered  
Health™

**HALF MARATHON**

May 6, 2023  
Saint Paul, MN

**10M** **8 Week**  
**Training Plan**

Date Started: \_\_\_\_\_ Goal: \_\_\_\_\_

Wk	Mon	Tues	Wed	Thur	Fri	Sat	Sun
<b>1</b>	Strength Upper Body	2 miles	Strength Lower Body	2 miles	Rest & Mobility	3 miles	Rest
<b>2</b>	Strength Upper Body	2 miles	Strength Lower Body	2 miles	Rest & Mobility	4 miles	Rest
<b>3</b>	Strength Upper Body	2 miles	Strength Lower Body	3 miles	Rest & Mobility	5 miles	Rest
<b>4</b>	Strength Upper Body	3 miles	Strength Lower Body	4 miles	Rest & Mobility	6 miles	Rest
<b>5</b>	Strength Upper Body	3 miles	Strength Lower Body	5 miles	Rest & Mobility	7 miles	Rest
<b>6</b>	Strength Upper Body	4 miles	Strength Lower Body	5 miles	Rest & Mobility	8 miles	Rest
<b>7</b>	Strength Upper Body	4 miles	Strength Lower Body	4 miles	Rest & Mobility	5 miles	Rest
<b>8</b>	Strength Upper Body	4 miles	Strength Lower Body	4 miles	Rest & Mobility	Race Day	Rest

Race Info: [www.hphhalfmarathon.com](http://www.hphhalfmarathon.com)