



## HALF MARATHON

May 6, 2023  
Saint Paul, MN

# 5M

## 6 Week Training Plan

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

Wk	Mon	Tues	Wed	Thur	Fri	Sat	Sun
1	Strength Upper Body	Run / Walk 20 min	Strength Lower Body	Run / Walk 20 min	Rest & Mobility	2 miles	Rest
2	Strength Upper Body	Run / Walk 25 min	Strength Lower Body	Run / Walk 25 min	Rest & Mobility	2.5 miles	Rest
3	Strength Upper Body	Run / Walk 30 min	Strength Lower Body	Run / Walk 30 min	Rest & Mobility	3 miles	Rest
4	Strength Upper Body	Run / Walk 35 min	Strength Lower Body	Run / Walk 35 min	Rest & Mobility	4 miles	Rest
5	Strength Upper Body	Run / Walk 40 min	Strength Lower Body	Run / Walk 40 min	Rest & Mobility	3 miles	Rest
6	Strength Upper Body	Run / Walk 30 min	Strength Lower Body	Run / Walk 30 min	Rest & Mobility	Race Day	Rest

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