



## HALF MARATHON

**May 31, 2025**

**St. Paul**

# 5M **6 Week Training Plan**

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

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

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