



HALF MARATHON

June 1, 2024

St. Paul

5K

4 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 20 min	Strength Lower Body	Run / Walk 20 min	Rest & Mobility	Race Day	Rest

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