



Human
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Health™

HALF MARATHON

June 24, 2023
Saint Paul, MN

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

Race Info: www.hphhalfmarathon.com