



## HALF MARATHON

June 24, 2023  
Saint Paul, MN

# 13.1 10 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	3 miles	Rest & Mobility	4 miles	Rest
<b>2</b>	Strength Upper Body	2 miles	Strength Lower Body	3 miles	Rest & Mobility	5 miles	Rest
<b>3</b>	Strength Upper Body	3 miles	Strength Lower Body	4 miles	Rest & Mobility	6 miles	Rest
<b>4</b>	Strength Upper Body	4 miles	Strength Lower Body	4 miles	Rest & Mobility	7 miles	Rest
<b>5</b>	Strength Upper Body	4 miles	Strength Lower Body	5 miles	Rest & Mobility	8 miles	Rest
<b>6</b>	Strength Upper Body	6 miles	Strength Lower Body	5 miles	Rest & Mobility	9 miles	Rest
<b>7</b>	Strength Upper Body	6 miles	Strength Lower Body	4 miles	Rest & Mobility	10 miles	Rest
<b>8</b>	Strength Upper Body	5 miles	Strength Lower Body	4 miles	Rest & Mobility	11 miles	Rest
<b>9</b>	Strength Upper Body	5 miles	Strength Lower Body	3 miles	Rest & Mobility	5 miles	Rest
<b>10</b>	Strength Upper Body	3 miles	Strength Lower Body	3 miles	Rest & Mobility	Race Day	Rest

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