

10 Week Half Marathon Training Plan

Beginner Plan

If you can run at least two miles without stopping, even at a slow pace, try this program. It adds on miles gradually to enable you to get from the start line to the finish line feeling strong!



May 5, 2019

GOAL:

| DAY | MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | SATURDAY | SUNDAY |
|-----------|--------|---------|-----------|----------|---------|----------|--|
| FEB 25-3 | Rest | 3 Miles | 4 Miles | 3 Miles | x-train | 2 Miles | 5 Miles |
| MAR 4-10 | Rest | 3 Miles | 4 Miles | 3 Miles | x-train | 2 Miles | 6 Miles |
| MAR 11-17 | Rest | 4 Miles | 5 Miles | 4 Miles | x-train | 2 Miles | 7 Miles |
| MAR 18-24 | Rest | 4 Miles | 5 Miles | 4 Miles | x-train | 3 Miles | 8 Miles |
| MAR 25-31 | Rest | 5 Miles | 6 Miles | 5 Miles | x-train | 3 Miles | 9 Miles |
| APR 1-7 | Rest | 5 Miles | 6 Miles | 5 Miles | x-train | 3 Miles |  10 Miles |
| APR 8-14 | Rest | 4 Miles | 5 Miles | 4 Miles | x-train | 3 Miles | 11 Miles |
| APR 15-21 | Rest | 4 Miles | 5 Miles | 4 Miles | x-train | 2 Miles | 12 Miles |
| APR 22-28 | Rest | 3 Miles | 5 Miles | 3 Miles | x-train | 2 Miles | 5 Miles |
| MAY 29-5 | Rest | 3 Miles | 4 Miles | 3 Miles | x-train | 2 Miles |  RACE DAY 13.1 |



Next event in the Minnesota Running Series:

Lola's Lake Waconia Half Marathon
Saturday - June 1, 2019
www.LolasHalfMarathon.com

