

# 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:

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DAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
FEB 25-3							
MAR 4-10							
MAR 11-17							
MAR 18-24							
MAR 25-31							
APR 1-7							 Race Day
APR 8-14							
APR 15-21							
APR 22-28							
MAY 29-5							 Race Day



Next event in the Minnesota Running Series:

Lola's Lake Waconia Half Marathon  
 Saturday - June 1, 2019  
[www.LolasHalfMarathon.com](http://www.LolasHalfMarathon.com)

