

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 2, 2020

GOAL: _____

| DAY | MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | SATURDAY | SUNDAY |
|-------|--------|---------|-----------|----------|---------|--|--|
| WK 1 | Rest | 3 Miles | 4 Miles | 3 Miles | x-train | 2 Miles | 5 Miles |
| WK 2 | Rest | 3 Miles | 4 Miles | 3 Miles | x-train | 2 Miles | 6 Miles |
| WK 3 | Rest | 4 Miles | 5 Miles | 4 Miles | x-train | 2 Miles | 7 Miles |
| WK 4 | Rest | 4 Miles | 5 Miles | 4 Miles | x-train | 3 Miles | 8 Miles |
| WK 5 | Rest | 5 Miles | 6 Miles | 5 Miles | x-train | 3 Miles | 9 Miles |
| WK 6 | Rest | 5 Miles | 6 Miles | 5 Miles | x-train | 3 Miles |  10 Miles |
| WK 7 | Rest | 4 Miles | 5 Miles | 4 Miles | x-train | 3 Miles | 11 Miles |
| WK 8 | Rest | 4 Miles | 5 Miles | 4 Miles | x-train | 2 Miles | 12 Miles |
| WK 9 | Rest | 3 Miles | 5 Miles | 3 Miles | x-train | 2 Miles | 5 Miles |
| WK 10 | Rest | 3 Miles | 4 Miles | x-train | 2 Miles |  Race Day | Rest Day |

Next event in the Minnesota Running Series:

Lola's Lake Waconia Ten Mile & 5K
 Saturday - June 6, 2020
www.LolasHalfMarathon.com

