



MPLS, MN

13.1 10 Week Training Plan

Date Started: _____ **Goal:** _____

Wk	Mon	Tues	Wed	Thur	Fri	Sat	Sun
1	Strength Lower Body	2 miles	Rest & Stretch	3 miles	Strength Lower Body	4 miles	Rest
2	Strength Lower Body	2 miles	Rest & Stretch	3 miles	Strength Lower Body	5 miles	Rest
3	Strength Lower Body	3 miles	Rest & Stretch	4 miles	Strength Lower Body	6 miles	Rest
4	Strength Lower Body	4 miles	Rest & Stretch	4 miles	Strength Lower Body	7 miles	Rest
5	Strength Lower Body	4 miles	Rest & Stretch	5 miles	Strength Lower Body	8 miles	Rest
6	Strength Lower Body	6 miles	Rest & Stretch	5 miles	Strength Lower Body	9 miles	Rest
7	Strength Lower Body	6 miles	Rest & Stretch	4 miles	Strength Lower Body	10 miles	Rest
8	Strength Lower Body	5 miles	Rest & Stretch	4 miles	Strength Lower Body	11 miles	Rest
9	Strength Lower Body	5 miles	Rest & Stretch	3 miles	Strength Lower Body	5 miles	Rest
10	Strength Lower Body	3 miles	Rest & Stretch	3 miles	Strength Lower Body	Race Day	Rest

Race Info: www.minneapolis Halloweenhalf.com