



**SEPTEMBER 17, 2022**

# 13.1 10 Week Training Plan

**Date Started: \_\_\_\_\_ Goal: \_\_\_\_\_**

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

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