EARNED RUNS™ HALF MARATHON with "SAINTS DAYS" 5K & 10K
Training Plan (Part 2)
WEEKS 9-18: March 12-May 20, 2017

	Sunday	Monday	Tuesday	Wednes-day	Thursday	Friday	Saturday
Week 9 **Mar 12**	Myrtls DWarm-ups Walk 20-30 minutes **or Race 10K! + 1-2mile recovery run-walk** Post-run Stretch/ roll	Myrtls DWarm-ups Run 30 min (or 3miles) Stretches	Myrtls DWarm-ups Run 30min (or 3miles) OR 2miles + 3-4 hill repeats Stretches	Dead Bugs	Myrtls DWarm-ups Run 30 min (or 3miles) Stretches	Foam Roll	Myrtls DWarm-ups Run 70min (or 7miles) **or Race 10K! 1-2mile recovery run-walk** Post-run Stretch/roll
Week 10 **Mar 19**	Myrtls DWarm-ups Walk 20-30 minutes **or Race 10K! + 1-2mile recovery run-walk** Post-run Stretch/ roll	Myrtls DWarm-ups Run 3miles easy Stretches	Myrtls DWarm-ups Run 4miles easy Stretches	Dead Bugs Lower Body Strength Train	Myrtls DWarm-ups Run 3miles Stretches	Rest OR strength OR cross train Foam Roll	Myrtls DWarm-ups Run 80 min (or 8 miles) Post-run Stretch/roll
Week 11 **Mar 26**	Walk 20-30 minutes	Myrtls DWarm-ups Run 4miles easy Stretches	Myrtls DWarm-ups Run 4miles OR 2miles + 3-4 hill repeats + 1 mile easy Stretches	Dead Bugs Upper Body Strength Train	Myrtls DWarm-ups Run 3miles Stretches	Rest OR strength OR cross train Foam Roll	Myrtls DWarm-ups Long Run 90 min (or 9 miles) Post-run Stretch/roll

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Week 12 **April 2**	Walk 20-30 minutes	Myrtls DWarm-ups Run 4miles easy Stretches	Myrtls DWarm-ups Run 4miles **or** 2miles + 3-4 hill repeats + 1 mile easy Stretches	Dead Bugs Lower Body Strength Train	Myrtls DWarm-ups Run 3miles Stretches	Rest OR strength OR cross train Foam Roll	Myrtls DWarm-ups Long Run 10.5 miles Post-run Stretch/roll
Week 13 **April 9**	Walk 20-30 minutes	Myrtls DWarm-ups Run 4miles easy Stretches	Myrtls DWarm-ups Run 4miles **or** 2miles + 3-4 hill repeats + 1 mile easy Stretches	Dead Bugs Upper Body Strength Train	Myrtls DWarm-ups Run 3miles **or** 1mile warm up+ 2mile tempo run Stretches	Rest OR strength OR cross train Foam Roll	Myrtls DWarm-ups Long Run 12 miles Post-run Stretch/roll
Week 14 **April 16**	Walk 20-30 minutes	Myrtls DWarm-ups Run 4miles easy Stretches	Myrtls DWarm-ups Run 4miles **or** 2miles + 3-4 hill repeats + 1 mile easy Stretches	Dead Bugs Lower Body Strength Train	Myrtls DWarm-ups Run 3miles **or** 1mile warm up+ 2mile tempo run Stretches	Rest OR strength OR cross train Foam Roll	Myrtls DWarm-ups Long Run 13 miles Post-run Stretch/roll
Week 15 **April 23**	Walk 20-30 minutes	Myrtls DWarm-ups Run 4miles easy run Stretches	Myrtls DWarm-ups Run 4miles OR 2miles + 3-4 hill repeats + 1 mile easy Stretches	Dead Bugs Upper Body Strength Train	Myrtls DWarm-ups Run 3miles **or** 1mile warm up+ 2mile tempo run Stretches	Rest OR strength OR cross train Foam Roll	Myrtls DWarm-ups Long Run 10 miles Post-run Stretch/roll

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Week 16 **April 30**	20-30 minute walk	Myrtls DWarm-ups Run 30 minutes Stretches	Myrtls DWarm-ups Run 30 minutes Stretches	Rest OR Easy Cross Train Foam Roll	Myrtls DWarm-ups Run 30 minutes Stretches	Rest OR strength OR cross train Foam Roll	Myrtls DWarm-ups Long Run 8 miles Post-run Stretches
Week 17 **May 6**	20-30 min walk	Myrtls DWarm-ups Run 30 minutes Stretches	Myrtls DWarm-ups Run Easy 30 min Stretches	Rest OR Easy Cross Train Foam Roll	Myrtls DWarm-ups Run Easy 30 min Stretches	Walk 20 min Foam Roll	Myrtls DWarm-ups Run Easy 50 minutes Post-run Stretch/roll
Week 18 **May 13**	20-30 min walk	Easy walking	Myrtls DWarm-ups Run Easy 30 min Stretches	Easy walking	Myrtls DWarm-ups Run Easy 30 min Stretches	Walk 20 min Foam Roll	Myrtls DWarm-ups **Race HALF MARA-THON !!!** Post-run Stretch/roll