

**EARNED RUNS™ HALF MARATHON with “SAINTS DAYS” 5K & 10K**  
**Training Plan (Part 1)**  
**WEEKS 1-10: January 15 – March 19, 2017**

	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<b>Week 1</b>	Myrtls DWarm-ups	Lower Body Strength	Myrtls DWarm-ups	Dead Bugs	Myrtls DWarm-ups		Myrtls DWarm-ups
<b>Jan 15</b>	Walk 30 min		Run: walk (15:2min) x 3 = <u>51min</u>		Run: walk (15:1min) x 3 = <u>48 min</u>	Foam Roll	Run 3miles
			Stretches		Stretches		Post-run Stretch/roll
<b>Week 2</b>	Myrtls DWarm-ups	Upper Body Strength	Myrtls DWarm-ups	Dead Bugs	Myrtls DWarm-ups		Myrtls DWarm-ups
<b>Jan 22</b>	Walk 30 min		Run <u>30 min</u> (or 3miles)		Run 35 min (or 3.5miles)	Foam Roll	Run 4miles
			Stretches		Stretches		Post-run Stretch/roll
<b>Week 3</b>	Myrtls DWarm-ups	Lower Body Strength	Myrtls DWarm-ups	Dead Bugs	Myrtls DWarm-ups		Myrtls DWarm-ups
<b>Jan 29</b>	Walk 30min		Run 30 min (or 3miles)		Run 40 min (or 4miles)	Foam Roll	Run 5 miles
			Stretches		Stretches		Post-run Stretch/roll
<b>Week 4</b>	Myrtls DWarm-ups	Upper Body Strength	Myrtls DWarm-ups	Dead Bugs	Myrtls DWarm-ups		Myrtls DWarm-ups
<b>Feb 5</b>	Walk 30min		Run 35min (or 3.5miles)		Run 40min (or 4miles)	Foam Roll	Run 55 min (or 5.5miles)
			Stretches		Stretches		or <b>5k RACE</b> + <b>1-2mile</b> <b>recovery</b> <b>run/walk</b>
			Stretches		Stretches		Post-run Stretch/roll

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<b>Week 5</b>	Myrtls DWarm-ups	Myrtls DWarm-ups	Myrtls DWarm-ups	Dead Bugs	Myrtls DWarm-ups		Myrtls DWarm-ups
<b>Feb 12</b>	Walk 20min	Run 30 min (or 3miles)	Run 35 min (or 3.5miles) OR 2miles + 3-4 hill repeats <b>St. Valentine's Day!</b>	Lower Body Strength	Run 25 min (or 2.5 miles)	Foam Roll	Run 60 min (or 6 miles)  <b>or 5k RACE + 1-2 mile recovery run/walk</b>
		Stretches	Stretches		Stretches		Post-run Stretch/roll
<b>Week 6</b>	Myrtls DWarm-ups	Myrtls DWarm-ups	Myrtls DWarm-ups	Dead Bugs	Myrtls DWarm-ups		Myrtls DWarm-ups
<b>Feb 19</b>	Walk 20min	Run 30min (or 3 miles)	Run 35min (or 3.5miles) OR 2miles + 3-4 hill repeats	Upper Body Strength	Run 25min (or 2.5 miles)	Foam Roll	Run 60min (or 6miles)  <b>or 5k RACE + 1-2 mile recovery run/walk</b>
		Stretches	Stretches		Stretches		Post-run Stretch/roll
<b>Week 7</b>	Myrtls DWarm-ups	Myrtls DWarm-ups	Myrtls DWarm-ups	Dead Bugs	Myrtls DWarm-ups		Myrtls DWarm-ups
<b>Feb 26</b>	Walk 20min	Run 40 min (or 4miles)	Run 35min (or 3.5miles) OR 2miles + 3-4 hill repeats	Lower Body Strength	Run 30min (or 3miles)	Foam Roll	Run 65min (or 6.5miles)
		Stretches	Stretches		Stretches		Post-run Stretch/roll

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	Sunday	Monday	Tuesday	Wedsdy	Thursday	Friday	Saturday
<b>Week 8</b>	Myrtls DWarm-ups	Myrtls DWarm-ups	Myrtls DWarm-ups	Dead Bugs	Myrtls DWarm-ups		Myrtls DWarm-ups
<b>Mar 5</b>	Walk 20min	Run 30min (or 3.0 miles)	Run 30min (or 3miles) OR 2miles + 3-4 hill repeats		Run 30min (or 3miles)	20 min walk  Foam Roll	Run 70 min (or 7miles) <b>or</b> <b>Race 10k! +1-2 mile recovery run/walk</b>
		Stretches	Stretches		Stretches		Post-run Stretch/roll
<b>Week 9</b>	Myrtls DWarm-ups	Myrtls DWarm-ups	Myrtls DWarm-ups	Dead Bugs	Myrtls DWarm-ups	Foam Roll	Myrtls DWarm-ups
<b>Mar 12</b>	Walk 20 min	Run 30 min (or 3miles)	Run 30min (or 3miles) OR 2miles + 3-4 hill repeats		Run 30 min (or 3miles)  Foam Roll	<b>St. Pat's Day!!!</b>	Run 70 min (or 7 miles) <b>or</b> <b>Race 10K! + I-2 mile recovery run/walk</b>
		Stretches	Stretches		Stretches		Post-run Stretch/roll
<b>Week 10</b>	Myrtls DWarm-ups	Myrtls DWarm-ups	Myrtls DWarm-ups	Dead Bugs	Myrtls DWarm-ups	Foam Roll	Myrtls DWarm-ups
<b>Mar 19</b>	Walk 20min	Run 30min (or 3miles)	Run 30min (or 3miles) OR 2miles + 3-4 hill repeats		Run 30 min (or 3miles)		Run 80min (or 8 miles) <b>or</b> <b>Race 10K! +1- 2mile recovery run/walk</b>
		Stretches	Stretches		Stretches		Post-run Stretch/roll

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