EARNED RUNS™ HALF MARATHON with "SAINTS DAYS" 5K & 10K Training Plan (Part 2) WEEKS 9-18: March 12-May 14, 2017

	Sunday	Monday	Tuesday	Wednes- day	Thursday	Friday	Saturday
Week 9 Mar	Myrtls DWarm- ups	Myrtls DWarm- ups	Myrtls DWarm -ups	Dead Bugs	Myrtls DWarm -ups	Foam Roll	Myrtls DWarm- ups
12	Walk 20-30 minutes or Race 10K! + 1-2mile recovery run-walk	Run 30 min (or 3miles)	Run 30min (or 3miles) OR 2miles + 3-4 hill repeats		Run 30 min (or 3miles)		Run 70min (or 7miles) or Race 10K! 1-2mile recovery run-walk
	Post-run Stretch/ roll	Stretches	Stretches		Stretches		Post-run Stretch/roll
Week 10	Myrtls DWarm- ups	Myrtls DWarm -ups	Myrtls DWarm -ups	Dead Bugs	Myrtls DWarm -ups	Rest OR strength	Myrtls DWarm- ups
Mar 19	Walk 20-30 minutes or Race 10K! + 1-2mile recovery	Run 3miles easy	Run 4miles easy	Lower Body Strength Train	Run 3miles	OR cross train Foam Roll	Run 80 min (or 8 miles)
	run-walk Post-run Stretch/ roll	Stretches	Stretches		Stretches		Stretch/roll
XA7 1		Nr1	N/ 11	D 1	N6 (1	D.	N/ 11
Week 11	Walk	Myrtls DWarm- ups	Myrtls DWarm -ups	Dead Bugs	Myrtls DWarm -ups	Rest OR strength	Myrtls DWarm- ups
Mar 26	20-30 minutes	Run 4miles easy	Run 4miles OR 2miles + 3-4 hill repeats + 1 mile easy	Upper Body Strength Train	Run 3miles	OR cross train Foam Roll	Long Run 90 min (or 9 miles) Post-run
		Stretches	Stretches		Stretches		Stretch/roll

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Week 12 Mar 27	Walk 20-30	Myrtls DWarm-	Myrtls DWarm	Dead	Myrtls	Rest	Myrtls
21	minutes	Run 4miles easy	-ups Run 4miles or 2miles + 3-4 hill repeats + 1 mile easy Stretches	Bugs Lower Body Strength Train	DWarm -ups Run 3miles Stretches	OR strength OR cross train Foam Roll	DWarm- ups Long Run 10.5 miles Post-run Stretch/roll
Week 13 April 3	Walk 20-30 minutes	Myrtls DWarm- ups Run 4miles easy	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
		bereteries	btretenes		btretenes		btretelly roll
Week 14 April 10	Walk 20-30 minutes	Myrtls DWarm- ups Run 4miles easy	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 17	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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	Sunday	Monday	Tuesday	Wedndy	Thursday	Friday	Saturday
Week 16 April 24	20-30 minute walk	Myrtls DWarm- ups Run 30 minutes	Myrtls DWarm -ups Run 30 minutes	Rest OR Easy Cross Train	Myrtls DWarm- ups Run 30 minutes	Rest OR strength OR cross train Foam Roll	Myrtls DWarm -ups Long Run 8 miles Post-run Stretches
		biretelles	Burcuites		bereteiles		
Week 17 May 1	20-30 min	Myrtls DWarm- ups	Myrtls DWarm -ups	Rest OR Easy	Myrtls DWarm- ups	Walk	Myrtls DWarm -ups
1	walk	Run 30 minutes	Run Easy 30 min	Cross Train Foam Roll	Run Easy 30 min	20 min Foam Roll	Run Easy 50 minutes
		Stretches	Stretches		Stretches		Post-run Stretch/roll
Week 18 May 8	20-30 min walk	Easy walking	Myrtls DWarm -ups Run Easy 30 min	Easy walking	Myrtls DWarm- ups Run Easy 30 min	Walk 20 min Foam	Myrtls DWarm -ups Race HALF MARA-
			Stretches		Stretches	Roll	THON !!! Post-run Stretch/roll