

RUN: EARNED RUNS 2019 HALF MARATHON WITH 'SAINTS DAYS' 5K & 10K
TRAINING PLAN PART 2 **WEEKS 9-18: MARCH 10 - MAY 18**

	Sunday	Monday	Tuesday	Wed	Thursday	Friday	Saturday
Week 9	Myrtls Dynamic Warm-ups	Myrtls DWarm-ups	Myrtls DWarm -ups	Dead Bugs	Myrtls DWarm -ups	Foam Roll	Myrtls DWarm-ups
Mar 10	Walk 20-30 minutes or Race 10K! + 1-2mile recovery run-walk	Run 30 min (or 3 miles)	Run 30 min (or 3 miles) OR 2miles + 3-4 hill repeats		Run 30 min (or 3 miles)		Run 70 min (or 7miles) or Race 10K! 1-2miles 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 17	Walk 20-30 min or Race 10K! +1-2mile recovery run-walk	Run 3 miles easy	Run 4 miles easy	Lower Body Stren- gth Train	Run 3 miles	OR cross train Foam Roll	Run 80 min (or 8 miles)
	Post-run Stretch/ roll	Stretches	Stretches		Stretches		Post-run Stretch/roll
Week 11		Myrtls DWarm-ups	Myrtls DWarm -ups	Dead Bugs	Myrtls DWarm -ups	Rest OR strength	Myrtls DWarm-ups
Mar 24	Walk 20-30 minutes	Run 4 miles easy	Run 4miles OR 2 miles + 3-4 hill repeats + 1 mile easy	Upper Body Stren- gth Train	Run 3miles	OR cross train Foam Roll	Run 90 min (or 9 miles)
		Stretches	Stretches		Stretches		Post-run Stretch/roll

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Week 12		Myrtls DWarm-ups	Myrtls DWarm-ups	Dead Bugs	Myrtls DWarm-ups	Rest OR strength	Myrtls DWarm-ups
March 31	Walk 20-30 minutes	Run 4 miles easy	Run 4miles or 2 miles + 3-4 hill repeats + 1 mile easy	Lower Body Stren- gth Train	Run 3miles	OR cross train Foam Roll	Long Run 10.5 miles
		Stretches	Stretches		Stretches		Post-run Stretch/roll
Week 13		Myrtls DWarm-ups	Myrtls DWarm-ups	Dead Bugs	Myrtls DWarm-ups	Rest OR strength	Myrtls DWarm-ups
April 7	Walk 20-30 minutes	Run 4 miles easy	Run 4miles or 2 miles + 3-4 hill repeats + 1 mile easy	Upper Body Stren- gth Train	Run 3 miles or 1 mile warm up + 2mile tempo run	OR cross train Foam Roll	Long Run 12 miles
		Stretches	Stretches		Stretches		Post-run Stretch/roll
Week 14		Myrtls DWarm-ups	Myrtls DWarm-ups	Dead Bugs	Myrtls DWarm-ups	Rest OR strength	Myrtls DWarm-ups
April 14	Walk 20-30 minutes	Run 4 miles easy	Run 4miles or 2 miles + 3-4 hill repeats + 1 mile easy	Lower Body Strength Train	Run 3miles or 1 mile warm up + 2mile tempo run	OR cross train Foam Roll	Long Run 13 miles
		Stretches	Stretches		Stretches		Post-run Stretch/roll
Week 15		Myrtls DWarm-ups	Myrtls DWarm-ups	Dead Bugs	Myrtls DWarm-ups	Rest OR strength	Myrtls DWarm-ups
April 21	Walk 20-30 minutes	Run 4miles easy run	Run 4miles OR 2miles + 3-4 hill repeats + 1 mile easy	Upper Body Strength Train	Run 3miles or 1mile warm up+ 2mile tempo run	OR cross train Foam Roll	Long Run 10 miles
		Stretches	Stretches		Stretches		Post-run Stretch/roll

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	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Week 16 April 28	20-30 minute walk	Myrtle's Warm-ups Run 30 minutes Stretches	Myrtle's Warm-ups Run 30 minutes Stretches	Rest OR Easy Cross Train Foam Roll	Myrtle's Warm-ups Run 30 minutes Stretches	Rest OR strength OR cross train Foam Roll	Myrtle's Warm-ups Long Run 8 miles Post-run Stretches
Week 17 May 5	20-30 minute walk	Myrtle's Warm-ups Run 30 minutes Stretches	Myrtle's Warm-ups Run Easy 30 min Stretches	Rest OR Easy Cross Train Foam Roll	Myrtle's Warm-ups Run Easy 30 min Stretches	Walk 20 min Foam Roll	Myrtle's Warm-ups Run Easy 50 minutes Post-run Stretch/roll
Week 18 May 12	20-30 minute walk	Easy walking	Myrtle's Warm-ups Run Easy 30 min Stretches	Easy walking	Myrtle's Warm-ups Run Easy 30 min Stretches	Walk 20 min Foam Roll	Myrtle's Warm-ups Race HALF MARATHON!!! Post-run Stretch/roll

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KEY TO TRAINING PLAN:

Myrtils: hip girdle mobility exercises

Dynamic Warm-ups: dynamic warmups exercises

Foam roll: self-massage routine with a foam roller routine

Post-run Stretches: static stretches to be performed after a run or at a time unrelated to a run but after a walking warmup

Dead Bugs: exercises that strengthen both lower back and abdominal muscles

Upper Body and Lower body strength: resistance exercises without or with weights

LINKS TO DEMONSTRATIONS

(see also on the **RESOURCES** webpage):

MYRTLs video demonstration by Wolf Creek Track Club Coach Brandon Wise

<https://www.youtube.com/watch?v=nmHjMCN0nx0>

DYNAMIC WARM-UPS:

Chris Bailey of Twin Cities Orthopedics video demo

(quite extensive and possibly difficult)

<https://www.youtube.com/watch?v=pZolGpjfjlc>

Cleveland Clinic Physical Therapy

(fewer, easier exercises)

<https://health.clevelandclinic.org/2015/06/try-these-4-dynamic-exercise-warm-ups-video/>

POST-RUN STATIC STRETCHES

Active.com by Ashley Lauretta

<http://www.active.com/fitness/articles/10-post-workout-stretches-everyone-should-do>

Lindsay Kunkel for running.competitor.com

http://running.competitor.com/2017/07/training/simple-stretches-every-run_161595

DEAD BUG: low impact exercise to strengthen abdomen and lower back

Without Stability Ball (easier)

Very easy to moderate by Move Forward PT: Robert Gillanders

<https://www.youtube.com/watch?v=8NBNM8haZx0>

Dr. Jeffrey O'Guin - beginner and intermediate

<https://www.youtube.com/watch?v=h0s77nPUPZQ>

https://www.youtube.com/watch?v=7lykMKgbm_E

With Stability Ball (advanced, harder)

Monica Ksel of Marmora <https://www.youtube.com/watch?v=bUfeEgFly8w>

This routine doesn't explain how to brace your core, but shows how to position the ball; it's harder than it looks!

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