

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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| Week 16 April 28 | 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 5 | 20-30 minute 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 12 | 20-30 minute 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 MARATHON!!! Post-run Stretch/roll |

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KEY TO TRAINING PLAN:

Myrtls: 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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