

RUN: EARNED RUNS 2020 HALF MARATHON WITH "SAINTE DAYS" 5K & 10K
TRAINING PLAN PART 1 **WEEKS 1-10: JANUARY 12 – MARCH 21, 2020**

	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Week 1	Myrtls	Lower	Myrtls	Dead	Myrtls		Myrtls
Jan 12	Dynamic Warm-ups	Body Strength	DWarm-ups	Bugs	DWarm-ups		DWarm-ups
	Walk 30 min		Run: walk (15:2 min) x 3 = <u>51 min</u>	or another core exercise	Run: walk (15:1 min) x 3 = <u>48 min.</u>	Foam Roll	Run 3 miles
			Stretch		Stretch		Stretch/roll
Week 2	Myrtls	Upper	Myrtls	Dead	Myrtls		Myrtls
Jan 19	Dynamic Warm-ups	Body Strength	DWarm-ups	Bugs	DWarm-ups		DWarm-ups
	Walk 30 min		Run <u>30 min</u> (or 3 miles)	or another core exercise	Run 35 min (or 3.5 miles)	Foam Roll	Run 4 miles
			Stretch		Stretch		Stretch/roll
Week 3	Myrtls	Lower	Myrtls	Dead	Myrtls		Myrtls
Jan 26	Dynamic Warm-ups	Body Strength	DWarm-ups	Bugs	DWarm-ups		DWarm-ups
	Walk 30min		Run 30 min (or 3 miles)	or another core exercise	Run 40 min (or 4 miles)	Foam Roll	Run 5 miles
			Stretch		Stretch		Stretch/roll
Week 4	Myrtls	Upper	Myrtls	Dead	Myrtls		Myrtls
Feb 2	Dynamic Warm-ups	Body Strength	DWarm-ups	Bugs	DWarm-ups		DWarm-ups
	Walk 30 min		Run 35min (or 3.5 miles)	or another core exercise	Run 40min (or 4 miles)	Foam Roll	Run 55 min (or 5.5 miles)
			Stretch		Stretch		Stretch/roll

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Week 5 Feb 9	Myrtls Dynamic Warm-ups Walk 20 min	Myrtls DWarm-ups Run 30 min (or 3 miles) Stretch	Myrtls DWarm-ups Run 35 min (or 3.5 miles) OR 2 miles + 3-4 hill repeats Stretch	Dead Bugs or another core exercise + Lower Body Strength	Myrtls DWarm-ups Run 25 min (or 2.5 miles) Stretch	Myrtls DWarm-ups Foam Roll St. Valen- tine's Day!	Myrtls DWarm-ups Run 60 min (or 6 miles) or 5k RACE + 1-2 miles recovery run/walk Post-run Stretch/roll
Week 6 Feb 16	Myrtls Dynamic Warm-ups Walk 20 min or 5k RACE + 1-2 miles recovery run/walk Post-run Stretch/roll	Myrtls DWarm-ups Run 30 min (or 3 miles) Stretch	Myrtls DWarm-ups Run 35min (or 3.5miles) OR 2miles + 3- 4 hill repeats Stretch	Dead Bugs or another core exercise + Upper Body Strength	Myrtls DWarm-ups Run 25min (or 2.5 miles) Stretch	Myrtls DWarm-ups Foam Roll	Myrtls DWarm-ups Run 60min (or 6miles) Post-run Stretch/roll
Week 7 Feb 23	Myrtls Dynamic Warm-ups Walk 20 min	Myrtls DWarm-ups Run 40 min (or 4 miles) Stretches	Myrtls DWarm-ups Run 35 min (or 3.5 miles) OR 2 miles + 3-4 hill repeats Stretches	Dead Bugs or another core exercise + Lower Body Strength	Myrtls DWarm-ups Run 30 min (or 3miles) Stretches	Myrtls DWarm-ups Foam Roll	Myrtls DWarm-ups Run 65 min (or 6.5 miles) Post-run Stretch/roll

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Week 8	Myrtls Dynamic Warm-ups	Myrtls DWarm-ups	Myrtls DWarm-ups	Dead Bugs	Myrtls DWarm-ups		Myrtls DWarm-ups
Mar 1	Walk 20 min	Run 30 min (or 3.0 miles)	Run 30 min (or 3 miles) OR 2 miles + 3-4 hill repeats	or another core exercise + Upper Body Strength	Run 30 min (or 3 miles)	20 min walk	Run 70 min (or 7 miles)
		Stretch	Stretch		Stretch	Foam Roll	Stretch/roll
Week 9	Myrtls Dynamic Warm-ups	Myrtls DWarm-ups	Myrtls DWarm-ups	Dead Bugs	Myrtls DWarm-ups	Foam Roll	Myrtls DWarm-ups
Mar 8	Walk 20 min	Run 30 min (or 3 miles)	Run 30min (or 3 miles) OR 2 miles + 3-4 hill repeats	or another core exercise + Lower Body Strength	Run 30 min (or 3 miles)		Run 50 min (or 5 miles) Or Race 10K! + 1-2 miles recovery run/walk or Run 1-2 miles if 10k tomorrow
		Stretch	Stretch		Stretch		Stretch/roll
Week 10	Myrtls Dynamic Warm-ups	Myrtls DWarm-ups	Myrtls DWarm-ups	Dead Bugs	Myrtls DWarm-ups	Foam Roll	Myrtls DWarm-ups
Mar 15	Walk 20 min or Race 10K! +1- 2miles recovery run/walk	Run 30 min (or 3 miles)	Run 30 min (or 3 miles) OR 2 miles + 3-4 hill repeats Happy St. Pat's Day	or another core exercise + Lower Body Strength	Run 30 min (or 3 miles)		Run 80min (or 8 miles) or Race 10K! +1- 2miles recovery run/walk or Run 1-2 miles if 10k tomorrow Stretch/roll
		Stretch	Stretch		Stretch		

KEY TO TRAINING PLAN:

Myrtls: hip girdle mobility exercises

DWarm-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 LowerBody Strength: resistance exercises without or with weights

See the RESOURCES page for some routines

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!