

**RUN PART 2 TRAINING PLAN: EARNED RUNS 2021 HALF MARATHON WITH  
"SAINTS DAYS" 5K & 10K WEEKS 9 -18: MARCH 7 - MAY 15, 2021**

	Sunday	Monday	Tuesday	Wed	Thursday	Friday	Saturday
<b>Week 9</b>	Myrtls Dynamic Warm-ups	Myrtls DWarm -ups	Myrtls DWarm -ups	Dead Bugs	Myrtls DWarm -ups	Foam Roll	Myrtls DWarm-ups
<b>Mar 7</b>	Walk 20-30 minutes	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) <b>or Race 10K!</b> <b>+ 1-2miles recovery run-walk</b>
	Stretch/ roll	Stretch	Stretch		Stretch		Post-run Stretch/roll
<b>Week 10</b>	Myrtls DWarm-ups	Myrtls DWarm-ups	Myrtls DWarm-ups	Dead Bugs	Myrtls DWarm -ups	Rest or strength train or cross train	Myrtls DWarm-ups
<b>Mar 14</b>	Walk 20-30 min <b>or Race 10K!</b> <b>+1-2mile recovery run-walk</b>	Run 3 miles easy	Run 4 miles easy	Lower Body Strength Train <b>Happy St. Patrick's Day!</b>	Run 3 miles	Foam Roll	Run 80 min (or 8 miles) <b>or Race 10K!</b> <b>+ 1-2miles recovery run-walk</b>
	Stretch/ roll	Stretch	Stretch		Stretch		Post-run Stretch/roll
<b>Week 11</b>		Myrtls DWarm -ups	Myrtls DWarm -ups	Dead Bugs	Myrtls DWarm -ups	Rest or strength train or cross train	Myrtls DWarm- ups
<b>Mar 21</b>	Walk 20-30 minutes	Run 4 miles easy	Run 4 miles or 2 miles + 3-4 hill repeats +1 mile easy	Upper Body Strength Train	Run 3 miles	Foam Roll	Run 90 min (or 9 miles)
		Stretch	Stretch		Stretch		Post-run Stretch/roll

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<b>Week 12</b>		Myrtls DWarm-ups	Myrtls DWarm-ups	Dead Bugs	Myrtls DWarm-ups	Rest or strength train	Myrtls DWarm-ups
<b>March 28</b>	Walk 20-30 minutes	Run 4 miles easy	Run 4 miles <b>or</b> 2 miles + 3-4 hill repeats + 1 mile easy	Lower Body Strength Train	Run 3 miles	or cross train  Foam Roll	Long Run 10.5 miles  Post-run Stretch/roll
		Stretch	Stretch		Stretch		
<b>Week 13</b>		Myrtls DWarm-ups	Myrtls DWarm-ups	Dead Bugs	Myrtls DWarm-ups	Rest or strength train	Myrtls DWarm-ups
<b>April 4</b>	Walk 20-30 minutes	Run 4 miles easy	Run 4 miles <b>or</b> 2 miles + 3-4 hill repeats + 1 mile easy	Upper Body Strength Train	Run 3 miles <b>or</b> 1 mile warm up + 2 miles tempo run	or cross train  Foam Roll	Long Run 12 miles  Post-run Stretch/roll
		Stretch	Stretch		Stretch		
<b>Week 14</b>		Myrtls DWarm-ups	Myrtls DWarm-ups	Dead Bugs	Myrtls DWarm-ups	Rest or Strength train	Myrtls DWarm-ups
<b>April 11</b>	Walk 20-30 minutes	Run 4 miles easy	Run 4 miles <b>or</b> 2 miles + 3-4 hill repeats + 1 mile easy	Lower Body Strength Train	Run 3 miles <b>or</b> 1 mile warm up +2 miles tempo run	or cross train  Foam Roll	Long Run 13 miles  Post-run Stretch/roll
		Stretch	Stretch		Stretch		

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<b>Week 15</b>		Myrtls DWarm	Myrtls DWarm	Dead Bugs	Myrtls DWarm	Rest or strength train	Myrtls DWarm
<b>April 18</b>	Walk 20-30 minutes	-ups  Run 4 miles easy	-ups  Run 4 miles or 2 miles + 3-4 hill repeats + 1 mile easy	Upper Body Strength  Train	-ups  Run 3 miles <b>or</b> 1 mile warm up + 2 miles tempo run	or cross train  Foam Roll	-ups  Long Run 10 miles  Post-run Stretch/roll
		Stretch	Stretch		Stretch		
<b>Week 16</b>		Myrtls DWarm- ups	Myrtls DWarm -ups	Rest or Cross Train	Myrtls DWarm -ups	Rest or strength train or cross train	Myrtls DWarm -ups
<b>April 27</b>	20-30 minute walk	Run 30 minutes	Run 30 minu tes	easy  Foam Roll	Run 30 minutes	Foam Roll	Long Run 8 miles  Post-run Stretches
		Stretches	Stretches		Stretches		
<b>Week 17</b>		Myrtls DWarm- ups	Myrtls DWarm -ups	Rest OR Easy	Myrtls DWarm-ups		Myrtls DWarm -ups
<b>May 2</b>	Walk 20-30 minutes	Run 30 minutes	Run Easy 30 min	Cross Train  Foam Roll	Run Easy 30 min	Walk 20 min  Foam Roll	Run Easy 50 minutes  Post-run Stretch/roll
		Stretches	Stretches		Stretches		

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<b>Week 18</b>		Myrtls DWarm -ups	Myrtls DWarm -ups	MyrtlsEasy DWarm -ups	Myrtls DWarm -ups	Myrtls DWarm -ups	Myrtls DWarm -ups
<b>May 9</b>	Walk 20-30 minutes	Run Easy 30 min	Run 30 min	Run 30 min	Run Easy 20min  Foam Roll	<b>Race HALF MARATHON !!!</b>  Post-run Stretch/roll	<b>Race HALF MARATHON !!!</b>  Post-run Stretch/roll

**KEY TO TRAINING PLAN:**

*Myrtls*: hip girdle mobility exercises

*Dynamic Warm-ups*: dynamic warmups exercises

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

*Post-run Stretch*: 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-upsvideo/>

**POST-RUN STATIC STRETCHES** Active.com

by **Ashley Lauretta**

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

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**Lindsay Kunkel for [running.competitor.com](http://running.competitor.com)**

[http://running.competitor.com/2017/07/training/simple-stretches-every-run\\_161595](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](https://www.youtube.com/watch?v=7lykMKgbm_E)

**With Stability Ball (advanced, harder)**

[Monica Ksel of Marmora https://www.youtube.com/watch?v=bUfeEgFly8w](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!