RUN PART 2 Training Plan: Earned Runs 2021 HALF MARATHON with "SAINGS DAUS" 5K & 10K Weeks 9-18: March 7 - May 15, 2021

	Sunday	Monday	Tuesday	Wed	Thursday	Friday	Saturday
Week 9 Mar 7	Myrtls Dynamic Warm-ups Walk 20-30 minutes Stretch/ roll	Myrtls DWarm -ups Run 30 min (or 3 miles)	Myrtls DWarm -ups Run 30 min (or 3 miles) or 2miles + 3-4 hill repeats Stretch	Dead Bugs	Myrtls DWarm -ups Run 30 min (or 3 miles) Stretch	Foam Roll	Myrtls DWarm-ups Run 70 min (or 7miles) or Race 10K! + 1-2miles recovery run-walk Post-run Stretch/roll
							Stretenyron
Week 10	Myrtls DWarm-ups	Myrtls DWarm-ups	Myrtls DWarm-ups	Dead Bugs	Myrtls DWarm -ups	Rest or strength	Myrtls DWarm-ups
Mar 14	Walk 20-30 min or Race 10K! +1-2mile recovery run-walk	Run 3 miles easy	Run 4 miles easy	Lower Body Strength Train Happy St. Patrick's Day!	Run 3 miles	train or cross train Foam Roll	Run 80 min (or 8 miles) or Race 10K! + 1-2miles recovery run-walk Post-run
	Stretch/ roll	Stretch	Stretch		Stretch		Stretch/roll
Week 11 Mar 21	Walk 20-30 minutes	Myrtls DWarm -ups Run 4 miles easy Stretch	Myrtls DWarm -ups Run 4 miles or 2 miles + 3-4 hill repeats +1 mile easy Stretch	Dead Bugs Upper Body Strength Train	Myrtls DWarm -ups Run 3 miles Stretch	Rest or strength train or cross train Foam Roll	Myrtls DWarm- ups Run 90 min (or 9 miles) Post-run Stretch/roll

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	Sunday	Monday	Tuesday	Wed	Thursday	Friday	Saturday
Week		Myrtls	Myrtls	Dead	Myrtls	Rest	Myrtls
12		DWarm	DWarm	Bugs	DWarm	or	DWarm
	Walk	-ups	-ups		-ups	strength	-ups
March	20-30			Lower		train	
28	minutes	Run	Run 4 miles	Body	Run	or cross	Long Run
		4 miles	or	Strength	3 miles	train	10.5 miles
		easy	2 miles + 3-4 hill	Train		train	
			repeats			Foam	
			+ 1 mile easy	,		Roll	
		Charles	· I mile easy				Post-run
		Stretch	Stretch		Stretch		Stretch/roll
Week		Myrtls	Myrtls	Dead	Myrtls	Rest	Myrtls
13		, DWarm	, DWarm-	Bugs	, DWarm-ups	or	, DWarm-
	Walk	-ups	ups	0		strength	ups
April	20-30	·		Upper	Run	train	•
4	minutes	Run	Run 4	Body	3 miles	or	Long Run
		4 miles	miles	Strength	or	cross	12 miles
		easy	or	Train	1 mile	train	
			2 miles		warm up		Post-run
			+ 3-4 hill		+ 2 miles	Foam	Stretch/roll
			repeats + 1 mile easy		tempo run	Roll	
		Stretch			Stretch		
			Stretch	Stratch			
			Stretterr				
Week		Myrtls	Myrtls		Myrtls	Rest	Myrtls
14		, DWarm-ups	, DWarm-ups		, DWarm-ups	or	, DWarm-ups
	Walk		·	Dead Bugs	·	Strength	·
April	20-30	Run 4	Run	Ū	Run	train	Long Run
11	minutes	miles	4 miles	Lower Body	3 miles	or	13 miles
		easy	or	Strength	or	cross	
			2 miles	Train	1 mile	train	
			+ 3-4 hill		warm up		
			repeats		+2 miles	Foam Roll	Post-run
		Stretch	+ 1 mile		tempo run		Stretch/roll
			easy		Strotch		
			Stretch		Stretch		
			Stretten				

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	Sunday	Monday	Tuesday	Wed	Thursday	Friday	Saturday
	Sunday	Wonday	rucsuuy	WC4	marsaay	inday	Saturaty
Week 15 April 18	Walk 20-30 minutes	Myrtls DWarm -ups Run 4 miles easy Stretch	Myrtls DWarm -ups Run 4 miles or 2 miles + 3-4 hill repeats + 1 mile easy Stretch	Dead Bugs Upper Body Strength Train	Myrtls DWarm -ups Run 3 miles or 1 mile warm up + 2 miles tempo run Stretch	Rest or strength train or cross train Foam Roll	Myrtls DWarm -ups Long Run 10 miles Post-run Stretch/roll
Week		Myrtls	Myrtls	Rest	Myrtls	Rest	Myrtls
16	20-30	DWarm- ups	DWarm -ups	or Cross	DWarm -ups	or strength train	DWarm -ups
April	minute		ups	Train	up3	or	ups
27	walk	Run 30 minutes	Run 30 minu tes	easy Foam Roll	Run 30 minutes	cross train Foam Roll	Long Run 8 miles
		Stretches	Stretches		Stretches		Post-run Stretches
Mach		Murtle	Murtle		Murtle		Murtle
Week 17	Walk	Myrtls DWarm- ups	Myrtls DWarm -ups	Rest OR	Myrtls DWarm-ups		Myrtls DWarm -ups
May 2	20-30 minutes	Run 30 minutes	Run Easy 30 min	Easy Cross Train	Run Easy 30 min	Walk 20 min Foam	Run Easy 50 minutes
				Foam Roll		Roll	Post-run Stretch/roll
		Stretches	Stretches		Stretches		

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	Sunday	Monday	Tuesday	Wed	Thursday	Friday	Saturday
Week		Myrtls	Myrtls	MyrtlsEasy	Myrtls	Myrtls	Myrtls
18		DWarm	DWarm	DWarm	DWarm	DWarm	DWarm
	Walk	-ups	-ups	-ups	-ups	-ups	-ups
May	20-30					}	
9	minutes	Run Easy	Run	Run	Run Easy	Race	Race
		30 min	30 min	30 min	20min	HALF	HALF
						MARATHON	MARATHON
					Foam	!!!	!!!
					Roll		
						Post-run	Post-run
		Stretches	Stretches	Stretches	Stretches	Stretch/roll	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/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!