

EARNED RUNS™ "SAINTS DAYS" 5K and 10K Training Plan

	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Week 1 Jan 17	Myrtls DWarm-ups 30 min walk	Lower Body Strength	Myrtls DWarm-ups Run: walk (15:2min) x 3 = <u>51min</u> Post-run stretches	Dead Bugs	Myrtls DWarm-ups Run: walk (15:1min) x 3 = <u>48 min</u> Post-run stretches	Foam Roll	Myrtls DWarm-ups Run 3miles Post-run stretches
Week 2 Jan 24	Myrtls DWarm-ups 30 min walk	Upper Body Strength	Myrtls DWarm-ups Run <u>30 min (or 3miles)</u> Post-run Stretches	Dead Bugs	Myrtls DWarm-ups Run 35 min (or 3.5miles) Post-run Stretches	Foam Roll	Myrtls DWarm-ups Run 4miles Post-run Stretches
Week 3 Jan 31	Myrtls DWarm-ups 30min walk	Lower Body Strength	Myrtls DWarm-ups Run 30 min (or 3miles) Post-run Stretches	Dead Bugs	Myrtls DWarm-ups Run 40 min (or 4miles) Post-run Stretches	Foam Roll	Myrtls DWarm-ups Run 4.5 miles Post-run Stretches
Week 4 Feb 7	Myrtls DWarm-ups 30min walk	Upper Body Strength	Myrtls DWarm-ups Run 35min (or 3.5miles) Post-run Stretches	Dead Bugs	Myrtls DWarmups Run 40min (or 4miles) Post-run Stretches	Foam Roll	Myrtls DWarmups Run 5miles or 5k RACE + 1mile recovery Post-run Stretches

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Week 5	Myrtls DWarm-ups	Myrtls DWarm-ups	Myrtls DWarm-ups	Dead Bugs	Myrtls DWarm-ups		Myrtls DWarm-ups
Feb 14	20min walk	Run 30 min (or 3miles) Post-run Stretches	Run 35 min (or 3.5miles) OR 2miles + 3-4 hill repeats Post-run Stretches	Lower Body Strength	Run 25 min (or 2.5 miles) Post-run Stretches	Foam Roll	Run 55 min (or 5.5 miles) Post-run Stretches
Week 6	Myrtls DWarm-ups	Myrtls DWarm-ups	Myrtls DWarm-ups	Dead Bugs	Myrtls DWarm-ups		Myrtls DWarm-ups
Feb 21	20min walk	Run 40min (or 4. miles) Post-run Stretches	Run 35min (or 3.5miles) OR 2miles + 3-4 hill repeats Post-run Stretches	Upper Body Strength	Run 25min (or 2.5 miles) Post-run Stretches	Foam Roll	Run 60min (or 6miles) Post-run Stretches
Week 7	Myrtls DWarm-ups	Myrtls DWarm-ups	Myrtls DWarm-ups	Dead Bugs	Myrtls DWarm-ups		Myrtls DWarm-ups
Feb 28	20min walk	Run 40 min (or 4miles) Post-run Stretches	Run 35min (or 3.5miles) OR 2miles + 3-4 hill repeats Post-run Stretches	Lower Body Strength	Run 30min (or 3miles) Post-run Stretches	Foam Roll	Run 65 min (or 6.5miles) Post-run Stretches
Week 8	Myrtls DWarm-ups	Myrtls DWarm-ups	Myrtls DWarm-ups	Dead Bugs	Myrtls DWarm-ups		Myrtls DWarm-ups
Mar 6	20min walk	Run 30 min (or 3.0 miles) Post-run Stretches	Run 30 min (or 3miles) OR 2miles + 3-4 hill repeats Post-run Stretches		Run 30 min (or 3miles) Post-run Stretches	Foam Roll Walk 20 min	Run 2miles OR Race 10K! Post-run Stretches Foam Roll

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Week 9	Myrtls DWarm-ups	Myrtls DWarm-ups	Myrtls DWarm-ups	Dead Bugs	Myrtls DWarm-ups	Foam Roll	Myrtls DWarm-ups
March 13	Run 2 miles or Race 10K!	Run 30 min (or 3miles)	Run 30min (or 3miles) OR 2miles + 3-4 hill repeats		Run 30 min (or 3miles) Or Race 10K !		Run 2 miles OR Race 10K!
	Post-run Stretches	Post-run Stretches	Post-run Stretches		Post-run Stretches		Post-run Stretches
	Foam Roll				Foam Roll		Foam Roll
Week 10	DWarm-ups						
March 20	Recover: 20min walk or Race 10K						
	Post-run Stretches Foam Roll						