

# EARNED RUNS™ HALF MARATHON with 'SAINTS DAYS' 5K & 10K

## Training Plan (Part 1)

WEEKS 1-10: January 14 - March 20, 2018

	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<b>Week 1</b>	Myrtls DWarm-ups	Lower Body Strength	Myrtls DWarm-ups	Dead Bugs	Myrtls DWarm--ups		Myrtls DWarm-ups
<b>Jan 14</b>	Easy Walk 20 min		Walk 30 min HIIT (3 min higher: 3min low intensity)	Or other core work	Walk 30 min HIIT (3 min higher 3min low intensity)	Foam Roll	Fast Walk 3 miles  Post-run Stretch/roll
			Stretches		Stretches		
<b>Week 2</b>	Myrtls DWarm-ups	Upper Body Strength	Myrtls DWarm--ups	Dead Bugs	Myrtls DWarm-ups		Myrtls DWarm-ups
<b>Jan 21</b>	Easy Walk 20 min		Walk 30 min HIIT (3 min higher:3min low intensity)	Or other core work	Walk 36 min HIIT (3 min higher:3min low intensity)	Foam Roll	Fast Walk 3.5 miles  Post-run Stretch/roll
			Stretches		Stretches		
<b>Week 3</b>	Myrtls DWarm-ups	Lower Body Strength	Myrtls DWarm-ups	Dead Bugs	Myrtls DWarm-ups		Myrtls DWarm-ups
<b>Jan 28</b>	Walk 20min		Walk 30 min HIIT (3 min higher:3min lower)	Or other core work	Walk 36 min HIIT (3 min higher:3min low intensity)	Foam Roll	Fast Walk 4 miles  Post-run Stretch/roll
			Stretches		Stretches		
<b>Week 4</b>	Myrtls DWarm -ups	Upper Body Strength	Myrtls DWarm--ups	Dead Bugs	Myrtls DWarm-ups		Myrtls DWarm-ups
<b>Feb 4</b>	Walk 20min		Walk 30 min HIIT (3 min higher:3min low intensity) Stretches	Or other core work	Walk 36 min HIIT (3 min higher:3min low intensity)	Stretch es  Foam Roll	Fast Walk 4.5miles  or <b>5k RACE</b>  Post-run Stretch/roll
			Stretches		Stretches		

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	Sunday	Monday	Tuesday	Wedndy	Thursday	Friday	Saturday
<b>Week 5</b>	Myrtls DWarm-ups	Lower Body Strength	Myrtls DWarm-ups	Dead Bugs	Myrtls DWarm-ups		Myrtls DWarm-ups
<b>Feb 11</b>	Easy Walk 20min	Option: Cross Train	Walk 30 min HIIT (3 min high:3min low intensity) OR 15 min + 3-4 hill repeats	Or other core work  <b>St. Valen- tine's Day!</b>	Walk 36 min HIIT (3 min higher: 3min low intensity)	Foam Roll	Fast Walk 5 miles  <b>or 5k RACE</b>
		Stretches	Stretches		Stretches		Post-run Stretch/roll
<b>Week 6</b>	Myrtls DWarm-ups	Upper Body Strength	Myrtls DWarm-ups	Dead Bugs	Myrtls DWarm-ups		Myrtls DWarm-ups
<b>Feb 18</b>	Easy Walk 20min	Option Cross Train	Walk 30 min HIIT (3 min high:3min low intensity) OR 15 min + 3-4 hill repeats	Or other core work  Balance work	Walk 36 min HIIT (3 min higher: 3min low intensity)	Foam Roll	Fast Walk 5.5 miles  <b>or 5k RACE</b>
		Stretches	Stretches		Stretches		Post-run Stretch/roll
<b>Week 7</b>	Myrtls DWarm-ups	Lower Body Strength	Myrtls DWarm-ups	Dead Bugs	Myrtls DWarm-ups		Myrtls DWarm-ups
<b>Feb 25</b>	Easy Walk 20min	Option Cross Train	Walk 30 min HIIT (3 min high:3min low intensity) OR 15 min + 3-4 hill repeats	Or other core work  Balance work	Walk 36 min HIIT (3 min higher: 3min low intensity)	Foam Roll	Fast Walk 5.5miles
		Stretches	Stretches		Stretches		Post-run Stretch/roll

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	Sunday	Monday	Tuesday	Wedsdy	Thursday	Friday	Saturday
<b>Week 8</b>	Myrtls DWarm-ups	Upper Body Strength	Myrtls DWarm-ups	Dead Bugs	Myrtls DWarm-ups		Myrtls DWarm-ups
<b>Mar 4</b>	Easy Walk 20min	Option Cross Train	Walk 30 min HIIT (3 min high:3min low intensity) OR 15 min + 3-4 hill repeats	Or other core work  Balance work	Walk 36 min HIIT (3 min higher: 3min low intensity)	Easy Walk 20 min   Foam Roll	Fast Walk 6 miles  <b>or</b> <b>Race 10K!</b>  Post-run Stretch/roll
		Stretches	Stretches		Stretches		
<b>Week 9</b>	Myrtls DWarm-ups	Lower Body Strength	Myrtls DWarm-ups	Dead Bugs	Myrtls DWarm-ups		Myrtls DWarm-ups
<b>Mar 11</b>	Easy Walk 20 min	Option Cross Train	Walk 30 min HIIT (3 min high:3min low intensity) OR 15 min + 3-4 hill repeats	Or other core work  Balance work	Walk 36 min HIIT (3 min higher: 3min low intensity)  Foam Roll	Easy Walk 20min  Foam Roll	Fast Walk 6.5 miles <b>or</b> <b>Race 10K!</b>  <b>St. Pat's Day!!!</b>  Post-run Stretch/roll
		Stretches	Stretches		Stretches		
<b>Week 10</b>	Myrtls DWarm-ups	Upper Body Strength	Myrtls DWarm-ups	Dead Bugs	Myrtls DWarm-ups		Myrtls DWarm-ups
<b>Mar 18</b>	Easy Walk 20min	Option Cross	Run 30min (or 3miles) OR 2miles + 3-4 hill repeats	Or other core work  Balance work	Walk 36 min HIIT (3 min higher: 3min low intensity)  Foam Roll	Easy Walk 20min  Foam Roll	Fast Walk 6.5 miles <b>or</b> <b>Race 10K!</b> <b>+1- 2mile recovery run/walk</b>  Post-run Stretch/roll
		Stretches	Stretches		Stretches		