## **EARNED RUNS™** HALF MARATHON with 'SAINTS DAYS' 5K & 10K Training Plan (Part 1) WEEKS 1-10: January 14 – March 20, 2018

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

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

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