

**WALK: 2019 EARNED RUNS HALF MARATHON WITH 'SAINTS DAYS' 5K & 10K  
TRAINING PLAN PART 2**

**WEEKS 9 -18: MARCH 10 – MAY18, 2019**

	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<b>Week 9</b>	Myrtls	Lower Body Strength	Myrtls DWarm-ups	Dead Bugs	Myrtls DWarm--ups	Easy Walk 20min	Myrtls DWarm-ups
<b>Mar 10</b>	Dynamic Warm-ups	Option: Cross Train	Easy Walk 40 min OR Easy Walk 25 min + 3-4 hill repeats	Or other core work	Walk 36 min HIIT: 3min high then 3 min low intensity x 6	Foam Roll	Brisk Walk 7 miles <b>or Race 10K! + 1 mile recovery walk</b>
	Easy Walk 20 min		Stretches		Stretches		Post-run Stretch/roll
<b>Week 10</b>	Myrtls	Upper Body Strength	Myrtls DWarm--ups	Dead Bugs	Myrtls DWarm-ups	Easy Walk 20min	Myrtls DWarm-ups
<b>Mar 17</b>	Dynamic Warm-ups	Option: Cross Train	Easy Walk 40 min OR Easy Walk 25 min + 3-4 hill repeats	Or other core work	Walk 30 min HIIT = 3min high then 3 min low intensity x 5	Foam Roll	Brisk Walk 8 miles
<b>St. Pat's Day!</b>	Easy Walk 20min <b>or Race 10K! + 1mile walk Stretch/roll</b>		Stretches		Stretches		Post-run Stretch/roll
<b>Week 11</b>	Myrtls	Lower Body Strength	Myrtls DWarm-ups	Dead Bugs	Myrtls DWarm-ups	Easy Walk 20min	Myrtls DWarm-ups
<b>Mar 24</b>	Dynamic Warm-ups	Option: Cross Train	Easy Walk 50 min OR Easy Walk 35 min + 3-4 hill repeats	Or other core work	Walk 36 min HIIT = 3 min high then 3min low intensity x 6	Foam Roll	Brisk Walk 9 miles
	Easy Walk 20min		Stretches		Stretches		Post-run Stretch/roll
<b>Week 12</b>	Myrtls	Upper Body Strength	Myrtls DWarm--ups	Dead Bugs	Myrtls DWarm-ups	Easy Walk 20min	Myrtls DWarm-ups
<b>Mar 31</b>	Dynamic Warm-ups	Option: Cross Train	Easy Walk 60 min OR Easy Walk 45 min + 3-4 hill repeats	Or other core work	Walk 36 min HIIT= 3 min high then 3min low intensity x 6	Foam Roll	Brisk Walk 10 miles
	Easy Walk 20min		Stretches		Stretches		Post-run Stretch/roll

Based on Hal Higdon's 12-week Training Plan: Feel free to follow his plan; he's an expert!!!

<https://www.halhighdon.com/training-programs/half-marathon-training/walkers-half-marathon/>

NOTE: RESOURCES page has plan KEY& Links [www.earned-runs.com/resources.html](http://www.earned-runs.com/resources.html)

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<b>Week 13</b>	Myrtls	Lower Body Strength	Myrtls DWarm-ups	Dead Bugs	Myrtls DWarm-ups	Easy Walk 20min	Myrtls DWarm-ups
<b>Apr 7</b>	Dynamic Warm-ups	Option: Cross Train	Easy Walk 60 min	Or other core work	Walk 36 min HIIT: 3 min high then 3 min low intensity x 6		Brisk Walk 11 miles
	Easy Walk 20min	Stretches	Stretches		Stretches	Foam Roll	Post-run Stretch/roll
<b>Week 14</b>	Myrtls	Upper Body Strength	Myrtls DWarm-ups	Dead Bugs	Myrtls DWarm-ups	Easy Walk 20min	Myrtls DWarm-ups
<b>Apr 14</b>	Dynamic Warm-ups	Option Cross Train	Easy Walk 45 min	Or other core work	Walk 30 min HIIT: 3 min high then 3min low intensity x 5		Brisk Walk 12 miles
	Easy Walk 20min	Stretches	Stretches	Balance work	Stretches	Foam Roll	Post-run Stretch/roll
<b>Week 15</b>	Myrtls	Lower Body Strength	Myrtls DWarm-ups	Dead Bugs	Myrtls DWarm-ups	Easy Walk 20min	Myrtls DWarm-ups
<b>Apr 21</b>	Dynamic Warm-ups	Option Cross Train	Easy Walk 30 min	Or other core work	Walk 30 min HIIT: 3 min high then 3min low intensity x 5		Brisk Walk 13 miles
	Easy Walk 20min	Stretches	Stretches	Balance work	Stretches	Foam Roll	Post-run Stretch/roll

**WALKS**

Weeks	(Easy min)	(Easy min)	(HIIT min)	(Easy min)	(Long brisk miles)
9	20	40	36	20	7
10	20	40	36	20	8
11	20	50	36	20	9
12	20	60	36	20	10
13	20	60	36	20	11
14	20	45	30	20	12
15	20	30	30	20	13

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<b>Week 16</b>	Myrtls	Upper Body Strength	Myrtls DWarm-ups	Dead Bugs	Myrtls DWarm-ups		Myrtls DWarm-ups
<b>Apr 28</b>	Dynamic Warm-ups	Option Cross Train	Easy Walk 30 min	Or other core work	Brisk Walk 30 min	Easy Walk 20 min	Brisk Walk 9 miles
	Easy Walk 20min	Stretches	Stretches	Balance work	Stretches	Foam Roll	Post-run Stretch/roll
<b>Week 17</b>	Myrtls Dynamic Warm-ups	Lower Body Strength	Myrtls DWarm-ups	Dead Bugs	Myrtls DWarm-ups		Myrtls DWarm-ups
<b>May 5</b>	Easy Walk 20 min	Option Cross Train	Easy Walk 30 min	Or other core work	Brisk Walk 30 min	Easy Walk 20min	Brisk Walk 10 miles
		Stretches	Stretches	Balance work	Foam Roll	Foam Roll	Post-run Stretch/roll
					Stretches		
<b>Week 18</b>	Myrtls	Upper Body Strength	Myrtls DWarm-ups	Dead Bugs	Myrtls DWarm-ups	Easy Walk 20min	Myrtls DWarm-ups
<b>May 12</b>	Dynamic Warm-ups	Option Cross	Easy Walk 30 min	Or other core work	Walk 30 min		<b>Race Half Marathon + 1 mile recovery walk</b>
	Easy Walk 20min	Stretches	Stretches	Balance work	Foam Roll	Foam Roll	Post-run Stretch/roll
					Stretches		

**WALKS**

Weeks	(Easy min)	(Easy min)	(Brisk min)	(Easy min)	(Long brisk miles)
16	20	30	30	20	9
17	20	40	30	20	10
18	20	50	30	20	13.1 Race

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