

WALK: 2019 EARNED RUNS HALF MARATHON WITH 'SAINTS DAYS' 5K & 10K
TRAINING PLAN PART 1 **WEEKS 1-10: JANUARY 13 – MARCH 23, 2019**

	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Week 1	Myrtls	Lower Body Strength	Myrtls DWarm-ups	Dead Bugs	Myrtls DWarm--ups		Myrtls DWarm-ups
Jan 13	Dynamic Warm-ups		Easy Walk 30 min	Or other core work	Walk 30 min HIIT: 3min high then 3 min low intensity x 5	Foam Roll	Easy Walk 3 miles
	Easy Walk 20 min		Stretches		Stretches		Post-run Stretch/roll
Week 2	Myrtls	Upper Body Strength	Myrtls DWarm--ups	Dead Bugs	Myrtls DWarm-ups		Myrtls DWarm-ups
Jan 20	Dynamic Warm-ups		Easy Walk 30 min	Or other core work	Walk 30 min HIIT = 3min high then 3 min low intensity x 5	Foam Roll	Easy Walk 3 miles
	Easy Walk 20 min		Stretches		Stretches		Post-run Stretch/roll
Week 3	Myrtls	Lower Body Strength	Myrtls DWarm-ups	Dead Bugs	Myrtls DWarm-ups		Myrtls DWarm-ups
Jan 27	Dynamic Warm-ups		Easy Walk 30 min	Or other core work	Walk 36 min HIIT = 3 min high then 3min low intensity x 6	Foam Roll	Brisk Walk 2 miles
	Easy Walk 20min		Stretches		Stretches		Post-run Stretch/roll
Week 4	Myrtls	Upper Body Strength	Myrtls DWarm--ups	Dead Bugs	Myrtls DWarm-ups		Myrtls DWarm-ups
Feb 3	Dynamic Warm-ups		Easy Walk 35 min	Or other core work	Walk 36 min HIIT= 3 min high then 3min low intensity x 6	Foam Roll	Brisk Walk 3.0 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.halhigdon.com/training-programs/half-marathon-training/walkers-half-marathon/>

NOTE: the RESOURCES page has the KEY and Links: www.earned-runs.com/resources.html

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Week 5	Myrtls	Lower Body Strength	Myrtls DWarm-ups	Dead Bugs	Myrtls DWarm-ups		Myrtls DWarm-ups
Feb 10	Dynamic Warm-ups	Option: Cross Train	Easy Walk 35 min	Or other core work	Walk 36 min HIIT: 3 min high: 3 min low intensity x 6	Foam Roll	Brisk Walk 4 miles
	Easy Walk 20min		Stretches		St. Valentines Day!		or 5k RACE + 1 mile easy recovery walk
		Stretches			Stretches		Post-run Stretch/roll
Week 6	Myrtls	Upper Body Strength	Myrtls DWarm-ups	Dead Bugs	Myrtls DWarm-ups		Myrtls DWarm-ups
Feb 17	Dynamic Warm-ups	Option Cross Train	Easy Walk 40 min	Or other core work	Walk 36 min HIIT: 3 min high then 3min low intensity x 6	Foam Roll	Brisk Walk 5 miles
	Easy Walk 20min		OR Easy Walk 20 min + 3-4 hill repeats	Balance work			Post-run Stretch/roll
		Stretches	Stretches		Stretches		
Week 7	Myrtls	Lower Body Strength	Myrtls DWarm-ups	Dead Bugs	Myrtls DWarm-ups		Myrtls DWarm-ups
Feb 24	Dynamic Warm-ups	Option Cross Train	Easy Walk 40 min	Or other core work	Walk 36 min HIIT: 3 min high then 3min low intensity x 6	Foam Roll	Brisk Walk 6 miles
	Easy Walk 20min		OR Easy Walk 25 min + 3-4 hill repeats	Balance work			Post-run Stretch/roll
		Stretches	Stretches		Stretches		

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Week 8	Myrtls	Upper Body Strength	Myrtls DWarm-ups	Dead Bugs	Myrtls DWarm-ups		Myrtls DWarm-ups
Mar 3	Dynamic Warm-ups	Option Cross Train	Easy Walk 45 min	Or other core work	Walk 36 min HIIT: 3 min high then 3min low intensity x 6	Easy Walk 20 min	Brisk Walk 6 miles
	Easy Walk 20min		OR Easy Walk 30 min + 3-4 hill repeats	Balance work		Foam Roll	Post-run Stretch/roll
		Stretches	Stretches		Stretches		
Week 9	Myrtls Dynamic Warm-ups	Lower Body Strength	Myrtls DWarm-ups	Dead Bugs	Myrtls DWarm-ups		Myrtls DWarm-ups
Mar 10	Easy Walk 20 min	Option Cross Train	Easy Walk 40 min	Or other core work	Walk 36 min HIIT (3 min higher: 3min low intensity)	Easy Walk 20min	Brisk Walk 7 miles
			OR Easy Walk 30 min + 3-4 hill repeats	Balance work	Foam Roll	Foam Roll	or Race 10K! + 1 mile recovery walk
		Stretches	Stretches		Stretches		Post-run Stretch/roll
Week 10	Myrtls	Upper Body Strength	Myrtls DWarm-ups	Dead Bugs	Myrtls DWarm-ups	Easy Walk 20min	Myrtls DWarm-ups
Mar 17	Dynamic Warm-ups	Option Cross Train	Easy Walk 40 min	Or other core work	Walk 30 min HIIT: 3 min high then 3min low intensity x 5		Brisk Walk 8 miles
St. Pat's Day!	Easy Walk 20min or Race 10K + 1mile walk		OR Easy Walk 25 min + 3-4 hill repeats	Balance work	Foam Roll	Foam Roll	Post-run Stretch/roll
	Stretch/roll	Stretches	Stretches		Stretches		

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