

**WALK: 2020 EARNED RUNS HALF MARATHON WITH 'SAINTS DAYS' 5K & 10K
TRAINING PLAN PART 1** **WEEKS 1-10: JANUARY 12 – MARCH 21, 2020**

	Sunday	Monday	Tuesday	Wedns day	Thursday	Friday	Saturday
Week 1	Myrtls	Lower Body Strength	Myrtls	Dead	Myrtls		Myrtls
Jan 12	Dynamic Warm-ups		DWarm-ups	Bugs	DWarm—ups		DWarm-ups
	Easy Walk 20 min		Easy Walk 30 min	Or other core work	HIIT Walk 30 min = 3 min high + 3 min low intensity x 5	Foam Roll	Easy Walk 3 miles
			Stretch		Stretch		Stretch/roll
Week 2	Myrtls	Upper Body Strength	Myrtls	Dead	Myrtls		Myrtls
Jan 19	Dynamic Warm-ups		DWarm--ups	Bugs	DWarm-ups		DWarm-ups
	Easy Walk 20 min		Easy Walk 30 min	Or other core work	HIIT Walk 30 min = 3 min high + 3 min low intensity x 5	Foam Roll	Easy Walk 3 miles
			Stretch		Stretch		Stretch/roll
Week 3	Myrtls	Lower Body Strength	Myrtls	Dead	Myrtls		Myrtls
Jan 26	Dynamic Warm-ups		DWarm-ups	Bugs	DWarm-ups	Foam Roll	DWarm-ups
	Easy Walk 20min		Easy Walk 30 min	Or other core work	HIIT Walk 36 min = 3 min high + 3 min low intensity x 6		Brisk Walk 2 miles
			Stretch		Stretch		Stretch/roll
Week 4	Myrtls	Upper Body Strength	Myrtls	Dead	Myrtls		Myrtls
Feb 2	Dynamic Warm-ups		DWarm--ups	Bugs	DWarm-ups		DWarm-ups
	Easy Walk 20min		Easy Walk 35 min	Or other core work	HIIT Walk 36 min = 3 min high + 3 min low intensity x 6	Foam Roll	Brisk Walk 3.0 miles or 5k RACE + 1-mile easy recovery walk
			Stretch		Stretch		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: the RESOURCES page has the KEY and Links: www.earned-runs.com/resources.html

**WALK: 2020 EARNED RUNS HALF MARATHON WITH 'SAINTS DAYS' 5K & 10K
TRAINING PLAN PART 1** **WEEKS 1-10: JANUARY 12 – MARCH 21, 2020**

	Sunday	Monday	Tuesday	Wedndy	Thursday	Friday	Saturday
Week 5	Myrtls	Lower Body Strength	Myrtls DWarm-ups	Dead Bugs	Myrtls DWarm-ups		Myrtls DWarm-ups
Feb 9	Dynamic Warm-ups Easy Walk 20min	Option: Cross Train Stretch	Easy Walk 35 min Stretch	Or other core work	HIIT Walk 36 min = 3 min high + 3 min low intensity x 6 Stretch	Foam Roll St. Valentine's Day!!	Brisk Walk 4 miles or 5k RACE + 1-mile recovery walk Stretch/roll
Week 6	Myrtls Dynamic Warm-ups	Upper Body Strength	Myrtls DWarm-ups	Dead Bugs	Myrtls DWarm-ups		Myrtls DWarm-ups
Feb 16	Easy walk 20min or 5k RACE + 1mile recovery walk Stretch/roll	Option Cross Train Stretch	Easy Walk 40 min Or Easy Walk 20 min + 3-4 hill repeats Stretch	Or other core work Balance work	HIIT Walk 36 min = 3 min high + 3 min low intensity x 6 Stretch	Foam Roll	Brisk Walk 5 miles Stretch/roll
Week 7	Myrtls Dynamic Warm-ups	Lower Body Strength	Myrtls DWarm-ups	Dead Bugs	Myrtls DWarm-ups		Myrtls DWarm-ups
Feb 23	Easy Walk 20min	Option Cross Train Stretch	Easy Walk 40 min Or Easy Walk 25 min + 3-4 hill repeats Stretch	Or other core work Balance work	HIIT Walk 36 min = 3 min high + 3 min low intensity x 6 Stretch	Foam Roll	Brisk Walk 6 miles 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: the RESOURCES page has the KEY and Links: www.earned-runs.com/resources.html

**WALK: 2020 EARNED RUNS HALF MARATHON WITH 'SAINTS DAYS' 5K & 10K
TRAINING PLAN PART 1** **WEEKS 1-10: JANUARY 12 – MARCH 21, 2020**

	Sunday	Monday	Tuesday	Wedsdy	Thursday	Friday	Saturday
Week 8	Myrtls	Upper Body Strength	Myrtls DWarm-ups	Dead Bugs	Myrtls DWarm-ups		Myrtls DWarm-ups
Mar 1	Dynamic Warm-ups	Option Cross Train	Easy Walk 45 min Or Easy Walk 30 min + 3-4 hill repeats	Or other core work Balance work	HIIT Walk 36 min = 3 min high + 3 min low intensity x 6	Easy Walk 20 min Foam Roll	Brisk Walk 6 miles
		Stretch	Stretch		Stretch		Stretch/roll
Week 9	Myrtls	Lower Body Strength	Myrtls DWarm-ups	Dead Bugs	Myrtls DWarm-ups		Myrtls DWarm-ups
Mar 8	Dynamic Warm-ups	Option Cross Train	Easy Walk 40 min OR Easy Walk 30 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	Brisk Walk 7 miles or Race 10K !! + 1- mile recovery walk
		Stretch	Stretch		Stretch		Stretch/roll
Week 10	Myrtls	Upper Body Strength	Myrtls DWarm-ups	Dead Bugs	Myrtls DWarm-ups	Easy Walk	Myrtls DWarm-ups
Mar 15	Dynamic Warm-ups	Option Cross Train	Easy Walk 40 min or Easy Walk 25 min + 3-4 hill repeats St. Pat's Day	or other core work Balance work	Walk 30 min HIIT: 3 min high then 3min low intensity x 5 Foam Roll	20min Foam Roll	Brisk Walk 8 miles
	Stretch/roll	Stretch	Stretch		Stretch		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