

**WALK: 2020 EARNED RUNS HALF MARATHON WITH 'SAINTS DAYS' 5K & 10K
TRAINING PLAN PART 2**

WEEKS 9 - 18: MARCH 8 – MAY 16, 2020

| | Sunday | Monday | Tuesday | Wed | Thursday | Friday | Saturday |
|----------------|-----------------------------------|---------------------|---|--------------------|---|-----------|--|
| Week 9 | Myrtls | Lower Body Strength | Myrtls | Dead Bugs | Myrtls | Easy Walk | Myrtls |
| Mar 8 | Dynamic Warm-ups | Strength | DWarm-ups | Or other core work | HIIT Walk | 20min | DWarm-ups |
| | Easy Walk 20 min | Option: Cross Train | Easy Walk 40 min or 25 min + 3-4 hill repeats | | 36 min = 3 min high + 3 min low intensity x 6 | | Brisk Walk 7 miles |
| | | | Stretch | | Stretch | Foam Roll | Or Race 10K! + 1-mile recovery walk |
| | | | | | | | Stretch/roll |
| Week 10 | Myrtls | Upper Body Strength | Myrtls | Dead Bugs | Myrtls | Easy Walk | Myrtls |
| Mar 15 | Dynamic Warm-ups | Strength | DWarm-ups | Or other core work | HIIT Walk | 20min | DWarm-ups |
| | Easy Walk 20min | Option: Cross Train | Easy Walk 40 min or 25 min + 3-4 hill repeats | | 30 min = 3 min high + 3 min low intensity x 5 | | Brisk Walk 8 miles |
| | or Race 10K! + 1-mile walk | | Stretch | | Stretch | Foam Roll | |
| | Stretch/roll | | | | | | Stretch/roll |
| Week 11 | Myrtls | Lower Body Strength | Myrtls | Dead Bugs | Myrtls | Easy Walk | Myrtls |
| Mar 22 | Dynamic Warm-ups | Strength | DWarm-ups | Or other core work | HIIT Walk | 20min | DWarm-ups |
| | Easy Walk 20min | Option: Cross Train | Easy Walk 50 min or 35 min + 3-4 hill repeats | | 36 min = 3 min high + 3 min low intensity x 6 | | Brisk Walk 9 miles |
| | | | Stretch | | Stretch | Foam Roll | |
| | | | | | | | Stretch/roll |
| Week 12 | Myrtls | Upper Body Strength | Myrtls | Dead Bugs | Myrtls | Easy Walk | Myrtls |
| Mar 29 | Dynamic Warm-ups | Strength | DWarm-ups | Or other core work | HIIT Walk | 20min | DWarm-ups |
| | Easy Walk 20min | Option: Cross Train | Easy Walk 60 min OR 45 min + 3-4 hill repeats | | 36 min = 3 min high + 3 min low intensity x 6 | | Brisk Walk 10 miles |
| | | | Stretch | | Stretch | Foam Roll | |
| | | | | | | | 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

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| Week 13 | Myrtls | Lower Body Strength | Myrtls | Dead Bugs or other | Myrtls | | Myrtls |
| Apr 5 | Dynamic Warm-ups | Option: Cross Train | Easy Walk 60 min | core work | HIIT Walk 36 min = 3 min high + 3 min low intensity x 6 | Easy Walk 20min Foam Roll | DWarm-ups Brisk Walk 11 miles |
| | | Stretch | Stretch | | Stretch | | Stretch/roll |
| Week 14 | Myrtls | Upper Body Strength | Myrtls | Dead Bugs or other | Myrtls | | Myrtls |
| Apr 12 | Dynamic Warm-ups | Option Cross Train | Easy Walk 45 min | core work Balance work | HIIT Walk 30 min = 3 min high + 3 min low intensity x 5 | Easy Walk 20min Foam Roll | DWarm-ups Brisk Walk 12 miles |
| | | Stretch | Stretch | | Stretch | | Stretch/roll |
| Week 15 | Myrtls | Lower Body Strength | Myrtls | Dead Bugs or other | Myrtls | | Myrtls |
| Apr 19 | Dynamic Warm-ups | Option Cross Train | Easy Walk 30 min | core work Balance work | HIIT Walk 30 min = 3 min high + 3 min low intensity x 5 | Easy Walk 20min Foam Roll | DWarm-ups Brisk Walk 13 miles |
| | | Stretch | Stretch | | Stretch | | Stretch/roll |

Based on Hal Higdon's 12-week Training Plan: Feel free to follow his plan; he's an expert!!!
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| Week 16 | Myrtls | Upper Body Strength | Myrtls DWarm-ups | Dead Bugs or other core work | Myrtls DWarm-ups | | Myrtls DWarm-ups |
| Apr 26 | Dynamic Warm-ups | Option Cross Train | Easy Walk 30 min | Balance work | Brisk Walk 30 min | Easy Walk 20 min | Brisk Walk 9 miles |
| | Easy Walk 20min | Stretch | Stretch | | Stretch | Foam Roll | Stretch/roll |
| Week 17 | Myrtls Dynamic Warm-ups | Lower Body Strength | Myrtls DWarm-ups | Dead Bugs or other core work | Myrtls DWarm-ups | Easy Walk 20min | Myrtls DWarm-ups |
| May 3 | Easy Walk 20 min | Option Cross Train | Easy Walk 30 min | Balance work | Brisk Walk 30 min | Foam Roll | Brisk Walk 10 miles |
| | | Stretch | Stretch | | Foam Roll | Foam Roll | Stretch/roll |
| Week 18 | Myrtls | Upper Body Strength | Myrtls DWarm-ups | Dead Bugs or other core work | Myrtls DWarm-ups | Easy Walk 20min | Myrtls DWarm-ups |
| May 10 | Dynamic Warm-ups | Option Cross | Easy Walk 30 min | Balance work | Brisk Walk 30 min | Foam Roll | Race Half Marathon!!! + 1-mile recovery walk |
| | Easy Walk 20min | Stretch | Stretch | | Foam Roll | Foam Roll | Stretch/roll |

WALKS SUMMARY

| 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 |
| 16 | 20 | 30 | Brisk30 | 20 | 9 |
| 17 | 20 | 30 | Brisk30 | 20 | 10 |
| 18 | 20 | 30 | Brisk30 | 20 | 13.1 Race |

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