

**WALK PART 1 TRAINING PLAN: EARNED RUNS 2021 HALF MARATHON**  
**WITH 'SAINTS DAYS' 5K & 10K** **WEEKS 1-10: JANUARY 10 – MARCH 20, 2021**

	Sunday	Monday	Tuesday	Wedns day	Thursday	Friday	Saturday
<b>Week 1</b>	Myrtls	Lower Body Strength	Myrtls DWarm-ups	Dead Bugs	Myrtls DWarm—ups		Myrtls DWarm-ups
<b>Jan 10</b>	Dynamic Warm-ups		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
	Easy Walk 20 min						
			Stretch		Stretch		Stretch/roll
<b>Week 2</b>	Myrtls	Upper Body Strength	Myrtls DWarm--ups	Dead Bugs	Myrtls DWarm-ups		Myrtls DWarm-ups
<b>Jan 17</b>	Dynamic Warm-ups		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
	Easy Walk 20 min						
			Stretch		Stretch		Stretch/roll
<b>Week 3</b>	Myrtls	Lower Body Strength	Myrtls DWarm-ups	Dead Bugs	Myrtls DWarm-ups		Myrtls DWarm-ups
<b>Jan 24</b>	Dynamic Warm-ups		Easy Walk 30 min	Or other core work	HIIT Walk 36 min = 3 min high + 3 min low intensity x 6	Foam Roll	Brisk Walk 2 miles
	Easy Walk 20min						
			Stretch		Stretch		Stretch/roll
<b>Week 4</b>	Myrtls	Upper Body Strength	Myrtls DWarm--ups	Dead Bugs	Myrtls DWarm-ups		Myrtls DWarm-ups
<b>Jan 31</b>	Dynamic Warm-ups		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 <b>or</b> <b>5k RACE</b> <b>+ 1-mile easy</b> <b>recovery</b> <b>walk</b>
	Easy Walk 20min						
			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](http://www.earned-runs.com/resources.html)

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<b>Week 5</b>	Myrtls	Lower Body Strength	Myrtls DWarm-ups	Dead Bugs	Myrtls DWarm-ups		Myrtls DWarm-ups
<b>Feb 7</b>	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 <b>St. Valentine's Day!!</b>	Brisk Walk 4 miles <b>or 5k RACE + 1-mile recovery walk</b> Stretch/roll
<b>Week 6</b>	Myrtls Dynamic Warm-ups	Upper Body Strength	Myrtls DWarm-ups	Dead Bugs	Myrtls DWarm-ups		Myrtls DWarm-ups
<b>Feb 14</b>	Easy walk 20min <b>or 5k RACE + 1mile recovery walk</b> 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
<b>Week 7</b>	Myrtls	Lower Body Strength	Myrtls DWarm-ups	Dead Bugs	Myrtls DWarm-ups		Myrtls DWarm-ups
<b>Feb 21</b>	Dynamic Warm-ups 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

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<b>Week 8</b>	Myrtls	Upper Body Strength	Myrtls	Dead Bugs	Myrtls		Myrtls
<b>Feb 28</b>	Dynamic Warm-ups	Option Cross Train	Easy Walk 45 min	Or other core work	HIIT Walk 36 min = 3 min high + 3 min 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	
		Stretch	Stretch		Stretch		Stretch/roll
<b>Week 9</b>	Myrtls	Lower Body Strength	Myrtls	Dead Bugs	Myrtls		Myrtls
<b>Mar 7</b>	Dynamic Warm-ups	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
	Easy Walk 20 min		OR Easy Walk 30 min + 3-4 hill repeats	Balance work	Foam Roll	Foam Roll	<b>or Race 10K!! + 1- mile recovery walk</b>
		Stretch	Stretch		Stretch		Stretch/roll
<b>Week 10</b>	Myrtls	Upper Body Strength	Myrtls	Dead Bugs	Myrtls	Easy Walk	Myrtls
<b>Mar 14</b>	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	20min	Brisk Walk 8 miles
	Easy Walk 20min		or Easy Walk 25 min + 3-4 hill repeats	Balance work	Foam Roll	Foam Roll	
	<b>Race 10K!! +1mile recovery walk</b>	Stretch	Stretch		Stretch		Stretch/roll
	Stretch/roll						

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