WALK PART 1 TRAINING PLAN: EARNED RUNS 2021 HALF MARATHON WITH SAINGS DAUS 5K & 10K WEEKS 1-10: JANUARY 10 – MARCH 20, 2021

	Sunday	Monday	Tuesday	Wedns day	Thursday	Friday	Saturday
Week 1	Myrtls Dynamic	Lower Body Strength	Myrtls DWarm-ups	Dead Bugs	Myrtls DWarm—ups		Myrtls DWarm-ups
Jan 12	Warm-ups Easy Walk 20 min	ou engen	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 Dynamic Warm-ups	Upper Body Strength	Myrtls DWarmups Easy Walk 30	Dead Bugs Or	Myrtls DWarm-ups HIIT Walk	Foam	Myrtls DWarm-ups Easy Walk
Jan 19	Easy Walk 20 min		min	other core work	30 min = 3 min high + 3 min low intensity x 5	Roll	3 miles
			Stretch		Stretch		Stretch/roll
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Week 3	Myrtls Dynamic	Lower Body Strength	Myrtls DWarm-ups	Dead Bugs	Myrtls DWarm-ups	Foam Roll	Myrtls DWarm-ups
Jan 26	Warm-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	Myrtls	Upper	Myrtls	Dead	Myrtls		Myrtls
4	Dynamic	Body Strength	DWarmups	Bugs	DWarm-ups		DWarm-ups
Feb 2	Warm-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.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 Feb 9	Myrtls Dynamic Warm-ups Easy Walk 20min	Lower Body Strength Option: Cross Train	Myrtls DWarm-ups Easy Walk 35 min	Dead Bugs Or other core work	Myrtls DWarm-ups HIIT Walk 36 min = 3 min high + 3 min low intensity x 6	Foam Roll St. Valen- tine's Day!!	Myrtls DWarm-ups Brisk Walk 4 miles or 5k RACE + 1-mile recovery walk
		Stretch	Stretch		Stretch		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/	Option Cross Train	Easy Walk 40 min Or Easy Walk 20 min + 3-4 hill repeats	Or other core work Balance work	HIIT Walk 36 min = 3 min high + 3 min low intensity x 6	Foam Roll	Brisk Walk 5 miles
	roll	Stretch	Stretch		Stretch		Stretch/roll
Week 7	Myrtls Dynamic	Lower Body Strength	Myrtls DWarm-ups	Dead Bugs	Myrtls DWarm-ups		Myrtls DWarm-ups
Feb 23	Warm-ups Easy Walk 20min	Option Cross Train	Easy Walk 40 min Or Easy Walk 25 min + 3-4 hill repeats	Or other core work Balance work	HIIT Walk 36 min = 3 min high + 3 min low intensity x 6	Foam Roll	Brisk Walk 6 miles
		Stretch	Stretch		Stretch		Stretch/roll

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

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