

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	Wednesday	Thursday	Friday	Saturday
Week 1	Myrtls	Lower Body Strength	Myrtls DWarm-ups	Dead Bugs	Myrtls DWarm—ups		Myrtls DWarm-ups
Jan 12	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
Week 2	Myrtls	Upper Body Strength	Myrtls DWarm--ups	Dead Bugs	Myrtls DWarm-ups		Myrtls DWarm-ups
Jan 19	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
Week 3	Myrtls	Lower Body Strength	Myrtls DWarm-ups	Dead Bugs	Myrtls DWarm-ups		Myrtls DWarm-ups
Jan 26	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
Week 4	Myrtls	Upper Body Strength	Myrtls DWarm--ups	Dead Bugs	Myrtls DWarm-ups		Myrtls DWarm-ups
Feb 2	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 or 5k RACE + 1-mile easy recovery walk
	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.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 9	Dynamic Warm-ups	Option: Cross Train	Easy Walk 35 min	Or other core work	HIIT Walk 36 min = 3 min high + 3 min low intensity x 6	Foam Roll St. Valentine's Day!!	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/roll	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
		Stretch	Stretch		Stretch		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	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	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
	Easy Walk 20min						
		Stretch	Stretch		Stretch		Stretch/roll
Week 9	Myrtls Dynamic Warm-ups	Lower Body Strength	Myrtls DWarm-ups	Dead Bugs	Myrtls DWarm-ups		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	Easy Walk 20min Foam Roll	Brisk Walk 7 miles or Race 10K!! + 1- mile recovery walk
		Stretch	Stretch		Stretch		Stretch/roll
Week 10	Myrtls Dynamic Warm-ups	Upper Body Strength	Myrtls DWarm-ups	Dead Bugs	Myrtls DWarm-ups	Easy Walk 20min	Myrtls DWarm-ups
Mar 15	Easy Walk 20min or Race 10K!! +1mile recovery walk Stretch/roll	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	Foam Roll	Brisk Walk 8 miles
		Stretch	Stretch		Stretch		Stretch/roll

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