

WALK PART 2: EARNED RUNS HALF MARATHON 2021

WITH 'SAINGS DAYS' 5K & 10K

WEEKS 9 -18: MARCH 7 – MAY 15, 2021

	Sunday	Monday	Tuesday	Wed	Thursday	Friday	Saturday
Week 9	Myrtls	Lower Body Strength	Myrtls DWarm-ups	Dead Bugs	Myrtls DWarm--ups	Easy Walk	Myrtls DWarm-ups
Mar 7	Dynamic Warm-ups Easy Walk 20 min	Option: Cross Train	Easy Walk 40 min or 25 min + 3-4 hill repeats	Or other core work	HIIT Walk 36 min = 3 min high + 3 min low intensity x 6	20min Foam Roll	Brisk Walk 7 miles Or Race 10K! + 1-mile recovery walk
			Stretch		Stretch		Stretch/roll
Week 10	Myrtls	Upper Body Strength	Myrtls DWarm--ups	Dead Bugs	Myrtls DWarm-ups	Easy Walk	Myrtls DWarm-ups
Mar 14	Dynamic Warm-ups Easy Walk 20min or Race 10K! + 1-mile walk Stretch/roll	Option: Cross Train	Easy Walk 40 min or 25 min + 3-4 hill repeats	Or other core work	HIIT Walk 30 min = 3 min high + 3 min low intensity x 5	20min Foam Roll	Brisk Walk 8 miles
			Stretch		Stretch		Stretch/roll
Week 11	Myrtls	Lower Body Strength	Myrtls DWarm-ups	Dead Bugs	Myrtls DWarm-ups	Easy Walk	Myrtls DWarm-ups
Mar 21	Dynamic Warm-ups Easy Walk 20min	Option: Cross Train	Easy Walk 50 min or 35 min + 3-4 hill repeats	Or other core work	HIIT Walk 36 min = 3 min high + 3 min low intensity x 6	20min Foam Roll	Brisk Walk 9 miles
			Stretch		Stretch		Stretch/roll
Week 12	Myrtls	Upper Body Strength	Myrtls DWarm--ups	Dead Bugs	Myrtls DWarm-ups	Easy Walk	Myrtls DWarm-ups
Mar 28	Dynamic Warm-ups Easy Walk 20min	Option: Cross Train	Easy Walk 60 min OR 45 min + 3-4 hill repeats	Or other core work	HIIT Walk 36 min = 3 min high + 3 min low intensity x 6	20min Foam Roll	Brisk Walk 10 miles
			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: 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 4	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/roll
		Stretch	Stretch		Stretch		
Week 14	Myrtls	Upper Body Strength	Myrtls	Dead Bugs or other	Myrtls		Myrtls
Apr 11	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/roll
		Stretch	Stretch		Stretch		
Week 15	Myrtls	Lower Body Strength	Myrtls	Dead Bugs or other	Myrtls		Myrtls
Apr 18	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/roll
		Stretch	Stretch		Stretch		

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Week 16	Myrtls	Upper Body Strength	Myrtls	Dead Bugs or other	Myrtls		Myrtls
Apr 25	Dynamic Warm-ups	Option Cross Train	Easy Walk 30 min	core work	Brisk Walk 30 min	Easy Walk 20 min	Brisk Walk 9 miles
	Easy Walk 20min	Stretch	Stretch	Balance work	Stretch	Foam Roll	Stretch/roll
Week 17	Myrtls	Lower Body Strength	Myrtls	Dead Bugs or other	Myrtls		Myrtls
May 2	Dynamic Warm-ups	Option Cross Train	Easy Walk 30 min	core work	Brisk Walk 30 min	Easy Walk 20min	Brisk Walk 10 miles
	Easy Walk 20 min	Stretch	Stretch	Balance work	Foam Roll	Foam Roll	Stretch/roll
Week 18	Myrtls	Upper Body Strength	Myrtls	Dead Bugs or other	Myrtls	Easy Walk 20min	Myrtls
May 9	Dynamic Warm-ups	Option Cross	Easy Walk 30 min	core work	Brisk Walk 30 min		Race Half Marathon!!!
	Easy Walk 20min	Stretch	Stretch	Balance work	Foam Roll	Foam Roll	+ 1-mile recovery walk
					Stretch		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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