WALK Part 2: Earned Runs HALF MARATHON 2021with 'SAINGS DAUS' 5K & 10KWeeks 9-18: March 7 – May 15, 2021

		Saturday
Week 9Myrtls Body DynamicLower Body StrengthMyrtls DWarm-upsDead BugsMyrtls DWarm-upsMar 8Warm-upsEasy WalkOr otherHIIT Walk 36 min = 36 min = 36 min high + 3 min high + 30 minWalk 20 minTrain+ 3-4 hill repeatswork intensity x 6	Easy Walk 20min Foam Roll	Myrtls DWarm-ups Brisk Walk 7 miles Or Race 10K! + 1-mile recovery walk
Stretch Stretch		Stretch/roll
WeekMyrtlsUpperMyrtlsDeadMyrtls10DynamicBodyDWarmupsBugsDWarm-upsWarm-upsStrengthStrengthDWarm-upsDWarm-ups	Easy Walk	Myrtls DWarm-ups
MarEasy WalkOrHIIT Walk15Easy WalkOption:40 min orother30 min =20minCross25 mincore3 min high +orTrain+ 3-4 hillwork3 min low	20min Foam	Brisk Walk 8 miles
Race 10K!repeatsintensity x 5+ 1-mile walkStretch/rollStretch	Roll	Stretch/roll
		Stretchyron
WeekMyrtlsLowerMyrtlsDeadMyrtls11BodyDWarm-upsBugsDWarm-upsDynamicStrength	Easy Walk	Myrtls DWarm-ups
MarWarm-upsEasy WalkOrHIIT Walk22Option:50 min orother36 min =Easy WalkCross35 mincore3 min high +20minTrain+ 3-4 hillwork3 min lowrepeatsintensity x 6	20min Foam Roll	Brisk Walk 9 miles
Stretch Stretch		Stretch/roll
WeekMyrtlsUpperMyrtlsDeadMyrtls12BodyDWarmupsBugsDWarm-upsDynamicStrength	Easy Walk	Myrtls DWarm-ups
MarWarm-upsEasy WalkOrHIIT Walk29Option:60 min ORother36 min =Easy WalkCross45 mincore3 min high +	20min	Brisk Walk 10 miles
20min Train + 3-4 hill work 3 min low repeats intensity x 6	Foam Roll	
Stretch Stretch		Stretch/roll

WALK Part 2: Earned Runs HALF MARATHON 2021with 'SAINGS DAUS' 5K & 10KWeeks 9-18: March 7 – May 15, 2021

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

WALK Part 2: Earned Runs HALF MARATHON 2021with 'SAINGS DAUS' 5K & 10KWeeks 9-18: March 7 – May 15, 2021

	Sunday	Monday	Tuesday	Wedndy	Thursday	Friday	Saturday
Week	Myrtls	Upper Body	Myrtls	Dead	Myrtls		Myrtls
16		Strength	DWarm-ups	Bugs or	DWarm-ups		DWarm-ups
	Dynamic			other		Easy	
Apr	Warm-ups	Option	Easy Walk	core	Brisk Walk	Walk	Brisk Walk
26		Cross	30 min	work	30 min	20 min	9 miles
	Easy	Train					
	Walk			Balance			
	20min			work		Foam	
		Stretch	Stretch		Stretch	Roll	Stretch/roll
Week	Myrtls	Lower Body	Myrtls	Dead	Myrtls		Myrtls
17	Dynamic	Strength	DWarm-ups	Bugs or	DWarm-ups		DWarm-ups
	Warm-ups			other		Easy	
May		Option	Easy Walk	core	Brisk Walk	Walk	Brisk Walk
3	Easy	Cross	30 min	work	30 min	20min	10 miles
	Walk	Train					
	20 min				Foam Roll	Foam	
				Balance		Roll	
				work			
		Stretch	Stretch		Stretch		Stretch/roll
Week	Myrtls	Upper	Myrtls	Dead	Myrtls		Myrtls
18		Dedu	DW/arma unac	Bugs or		Facu	DWarm-ups
19		Body	DWarm-ups	-	DWarm-ups	Easy	Dwann-ups
	Dynamic	Strength		other		Walk	
May	Dynamic Warm-ups	Strength	Easy Walk	other core	Brisk Walk	•	Race Half
	Warm-ups	Strength Option		other		Walk	Race Half Marathon!!!
May	Warm-ups Easy Walk	Strength	Easy Walk	other core	Brisk Walk 30 min	Walk 20min	Race Half Marathon!!! + 1-mile
May	Warm-ups	Strength Option	Easy Walk	other core work	Brisk Walk	Walk 20min Foam	Race Half Marathon!!! + 1-mile recovery
May	Warm-ups Easy Walk	Strength Option	Easy Walk	other core work Balance	Brisk Walk 30 min	Walk 20min	Race Half Marathon!!! + 1-mile
May	Warm-ups Easy Walk	Strength Option Cross	Easy Walk 30 min	other core work	Brisk Walk 30 min Foam Roll	Walk 20min Foam	Race Half Marathon!!! + 1-mile recovery walk
May	Warm-ups Easy Walk	Strength Option	Easy Walk	other core work Balance	Brisk Walk 30 min	Walk 20min Foam	Race Half Marathon!!! + 1-mile recovery
May 10	Warm-ups Easy Walk 20min	Strength Option Cross	Easy Walk 30 min	other core work Balance	Brisk Walk 30 min Foam Roll	Walk 20min Foam	Race Half Marathon!!! + 1-mile recovery walk
May 10 WALKS	Warm-ups Easy Walk 20min SUMMARY	Strength Option Cross Stretch	Easy Walk 30 min Stretch	other core work Balance work	Brisk Walk 30 min Foam Roll Stretch	Walk 20min Foam Roll	Race Half Marathon!!! + 1-mile recovery walk
May 10 WALKS Weeks	Warm-ups Easy Walk 20min SUMMARY (Easy min)	Strength Option Cross Stretch (Easy min)	Easy Walk 30 min Stretch (HIIT min)	other core work Balance	Brisk Walk 30 min Foam Roll Stretch nin) (Long br	Walk 20min Foam Roll	Race Half Marathon!!! + 1-mile recovery walk
May 10 WALKS Weeks	Warm-ups Easy Walk 20min SUMMARY (Easy min) 20	Strength Option Cross Stretch (Easy min) 40	Easy Walk 30 min Stretch (HIIT min) 36	other core work Balance work	Brisk Walk 30 min Foam Roll Stretch nin) (Long br 20	Walk 20min Foam Roll :isk miles) 7	Race Half Marathon!!! + 1-mile recovery walk
May 10 WALKS Weeks 9 10	Warm-ups Easy Walk 20min SUMMARY (Easy min) 20 20	Strength Option Cross Stretch (Easy min) 40 40	Easy Walk 30 min Stretch (HIIT min) 36 36	other core work Balance work	Brisk Walk 30 min Foam Roll Stretch nin) (Long br 20 20	Walk 20min Foam Roll risk miles) 7 8	Race Half Marathon!!! + 1-mile recovery walk
May 10 WALKS Weeks 9 10 11	Warm-ups Easy Walk 20min SUMMARY (Easy min) 20 20 20	Strength Option Cross Stretch (Easy min) 40 40 50	Easy Walk 30 min Stretch (HIIT min) 36 36 36 36	other core work Balance work	Brisk Walk 30 min Foam Roll Stretch 20 20 20	Walk 20min Foam Roll 'isk miles) 7 8 9	Race Half Marathon!!! + 1-mile recovery walk
May 10 WALKS Weeks 9 10 11 12	Warm-ups Easy Walk 20min SUMMARY (Easy min) 20 20 20 20 20	Strength Option Cross Stretch (Easy min) 40 40 50 60	Easy Walk 30 min Stretch (HIIT min) 36 36 36 36 36 36	other core work Balance work	Brisk Walk 30 min Foam Roll Stretch nin) (Long br 20 20 20 20 20	Walk 20min Foam Roll risk miles) 7 8 9 10	Race Half Marathon!!! + 1-mile recovery walk
May 10 WALKS Weeks 9 10 11 12 13	Warm-ups Easy Walk 20min SUMMARY (Easy min) 20 20 20 20 20 20 20	Strength Option Cross Stretch (Easy min) 40 40 50 60 60 60	Easy Walk 30 min Stretch (HIIT min) 36 36 36 36 36 36 36 36	other core work Balance work	Brisk Walk 30 min Foam Roll Stretch nin) (Long br 20 20 20 20 20 20	Walk 20min Foam Roll risk miles) 7 8 9 10 11	Race Half Marathon!!! + 1-mile recovery walk
May 10 WALKS Weeks 9 10 11 12 13 14	Warm-ups Easy Walk 20min SUMMARY (Easy min) 20 20 20 20 20 20 20 20	Strength Option Cross Stretch (Easy min) 40 40 50 60 60 60 60 45	Easy Walk 30 min Stretch (HIIT min) 36 36 36 36 36 36 36 36 36 36 36 36 36	other core work Balance work	Brisk Walk 30 min Foam Roll Stretch 20 20 20 20 20 20 20 20	Walk 20min Foam Roll *isk miles) 7 8 9 10 11 12	Race Half Marathon!!! + 1-mile recovery walk
May 10 WALKS Weeks 9 10 11 12 13 14 15	Warm-ups Easy Walk 20min SUMMARY (Easy min) 20 20 20 20 20 20 20 20 20 20 20	Strength Option Cross Stretch (Easy min) 40 40 50 60 60 60 45 30	Easy Walk 30 min Stretch (HIIT min) 36 36 36 36 36 36 36 36 36 36 36 36 30 30	other core work Balance work	Brisk Walk 30 min Foam Roll Stretch nin) (Long br 20 20 20 20 20 20 20 20 20	Walk 20min Foam Roll Tisk miles) 7 8 9 10 11 12 13	Race Half Marathon!!! + 1-mile recovery walk
May 10 WALKS Weeks 9 10 11 12 13 14 15 16	Warm-ups Easy Walk 20min SUMMARY (Easy min) 20 20 20 20 20 20 20 20 20 20 20 20 20	Strength Option Cross Stretch (Easy min) 40 40 50 60 60 60 45 30 30 30	Easy Walk 30 min Stretch (HIIT min) 36 36 36 36 36 36 36 36 36 36 36 36 36	other core work Balance work	Brisk Walk 30 min Foam Roll Stretch nin) (Long br 20 20 20 20 20 20 20 20 20 20 20	Walk 20min Foam Roll *isk miles) 7 8 9 10 11 12	Race Half Marathon!!! + 1-mile recovery walk
May 10 WALKS Weeks 9 10 11 12 13 14 15	Warm-ups Easy Walk 20min SUMMARY (Easy min) 20 20 20 20 20 20 20 20 20 20 20	Strength Option Cross Stretch (Easy min) 40 40 50 60 60 60 45 30	Easy Walk 30 min Stretch (HIIT min) 36 36 36 36 36 36 36 36 36 36 30 30 Brisk30	other core work Balance work	Brisk Walk 30 min Foam Roll Stretch nin) (Long br 20 20 20 20 20 20 20 20 20	Walk 20min Foam Roll risk miles) 7 8 9 10 11 12 13 9	Race Half Marathon!!! + 1-mile recovery walk