

EARNED RUNS™ WALKER ‘SAINTS DAYS’ 5K & 10K Training Plan (DRAFT)
WEEKS 1-10: January 14 – March 24, 2018

	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Week 1	Myrtls DWarm-ups	Lower Body Strength	Myrtls DWarm-ups	Dead Bugs	Myrtls DWarm--ups		Myrtls DWarm-ups
Jan 14	Easy Walk 20 min		Walk 30 min HIIT (3 min higher: 3min low intensity)	Or other core work	Walk 30 min HIIT (3 min higher 3min low intensity)	Foam Roll	Fast Walk 3 miles Post-run Stretch/roll
			Stretches		Stretches		
Week 2	Myrtls DWarm-ups	Upper Body Strength	Myrtls DWarm--ups	Dead Bugs	Myrtls DWarm-ups		Myrtls DWarm-ups
Jan 21	Easy Walk 20 min		Walk 30 min HIIT (3 min higher:3min low intensity)	Or other core work	Walk 36 min HIIT (3 min higher:3min low intensity)	Foam Roll	Fast Walk 3.5 miles Post-run Stretch/roll
			Stretches		Stretches		
Week 3	Myrtls DWarm-ups	Lower Body Strength	Myrtls DWarm-ups	Dead Bugs	Myrtls DWarm-ups		Myrtls DWarm-ups
Jan 28	Walk 20min		Walk 30 min HIIT (3 min higher:3min lower)	Or other core work	Walk 36 min HIIT (3 min higher:3min low intensity)	Foam Roll	Fast Walk 4 miles Post-run Stretch/roll
			Stretches		Stretches		
Week 4	Myrtls DWarm-ups	Upper Body Strength	Myrtls DWarm--ups	Dead Bugs	Myrtls DWarm-ups		Myrtls DWarm-ups
Feb 4	Walk 20min		Walk 30 min HIIT (3 min higher:3min low intensity) Stretches	Or other core work	Walk 36 min HIIT (3 min higher:3min low intensity)	Stretch es Foam Roll	Fast Walk 4.5miles or 5k RACE Post-run Stretch/roll
			Stretches		Stretches		

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Week 5	Myrtls DWarm-ups	Lower Body Strength	Myrtls DWarm-ups	Dead Bugs	Myrtls DWarm-ups		Myrtls DWarm-ups
Feb 11	Easy Walk 20min	Option: Cross Train	Walk 30 min HIIT (3 min high:3min low intensity) OR 15 min + 3-4 hill repeats St. Valentine’s Day!	Or other core work	Walk 36 min HIIT (3 min higher: 3min low intensity)	Foam Roll	Fast Walk 5 miles or 5k RACE
		Stretches	Stretches		Stretches		Post-run Stretch/roll
Week 6	Myrtls DWarm-ups	Upper Body Strength	Myrtls DWarm-ups	Dead Bugs	Myrtls DWarm-ups		Myrtls DWarm-ups
Feb 18	Easy Walk 20min	Option Cross Train	Walk 30 min HIIT (3 min high:3min low intensity) OR 15 min + 3-4 hill repeats	Or other core work Balance work	Walk 36 min HIIT (3 min higher: 3min low intensity)	Foam Roll	Fast Walk 5.5 miles or 5k RACE
		Stretches	Stretches		Stretches		Post-run Stretch/roll
Week 7	Myrtls DWarm-ups	Lower Body Strength	Myrtls DWarm-ups	Dead Bugs	Myrtls DWarm-ups		Myrtls DWarm-ups
Feb 25	Easy Walk 20min	Option Cross Train	Walk 30 min HIIT (3 min high:3min low intensity) OR 15 min + 3-4 hill repeats	Or other core work Balance work	Walk 36 min HIIT (3 min higher: 3min low intensity)	Foam Roll	Fast Walk 5.5miles Post-run Stretch/roll
		Stretches	Stretches		Stretches		

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Week 8	Myrtls DWarm-ups	Upper Body Strength	Myrtls DWarm-ups	Dead Bugs	Myrtls DWarm-ups		Myrtls DWarm-ups
Mar 4	Easy Walk 20min	Option Cross Train	Walk 30 min HIIT (3 min high:3min low intensity) OR 15 min + 3-4 hill repeats	Or other core work Balance work	Walk 36 min HIIT (3 min higher: 3min low intensity)	Easy Walk 20 min Foam Roll	Fast Walk 6 miles or Race 10K! Post-run Stretch/roll
		Stretches	Stretches		Stretches		
Week 9	Myrtls DWarm-ups	Lower Body Strength	Myrtls DWarm-ups	Dead Bugs	Myrtls DWarm-ups		Myrtls DWarm-ups
Mar 11	Easy Walk 20 min	Option Cross Train	Walk 30 min HIIT (3 min high:3min low intensity) OR 15 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 St. Pat's Day!!!	Fast Walk 6.5 miles or Race 10K! Post-run Stretch/roll
		Stretches	Stretches		Stretches		
Week 10	Myrtls DWarm-ups	Upper Body Strength	Myrtls DWarm-ups	Dead Bugs	Myrtls DWarm-ups	Easy Walk 20min	Myrtls DWarm-ups
Mar 18	Easy Walk 20min	Option Cross	Run 30min (or 3miles) OR 2miles + 3-4 hill repeats	Or other core work Balance work	Walk 36 min HIIT (3 min higher: 3min low intensity) Foam Roll	Foam Roll	Fast Walk 6.5 miles or Race 10K! +1- 2mile recovery run/walk Post-run Stretch/roll
		Stretches	Stretches		Stretches		