



# YMCA Highland Run 10k Training Calendar-December

Training program November 27, 2017– January 28, 2018

Make sure to fuel your body with fruits, vegetables, complex carbohydrates, protein and plenty of water.

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Week 1	27 <b>Rest Day</b>	28 <b>Easy Run</b> 0-4 miles Or Cross Train Yoga, stretch, swim	29 <b>Running Intervals (RI)</b> 2 mile easy run (4min fast x 1 min slow) 2 miles easy	30 <b>Cross Training</b> Ex. Gentle Yoga, Spin, Elliptical	1 <b>Running Tempo</b> Warm up 15 min (z1/2) 15 minute z3 30 mins Cool Down	2 <b>Rest Day</b>	3 <b>Running</b> Easy Pace 6 mile
Week 2	4 <b>Rest Day</b>	5 <b>Running Intervals (RI)</b> Warm up 15 min 10 x .25 mi 1-2 min RI Cool Down	6 <b>Rest Day</b>	7 <b>Running Tempo</b> Warm up 15 min (z1/2) 20 minute z3 20 mins Cool Down	8 <b>Cross Training</b> Ex. Zumba, Yoga, Bike, Power Mill	9 <b>Rest Day</b>	10 <b>Running</b> Easy Pace 7 mile
Week 3	11 <b>Rest Day</b>	12 <b>Running Intervals (RI)</b> Warm up 15 min 4x .50 mi 2-3 min RI Cool Down	13 <b>Rest Day</b>	14 <b>Running Tempo</b> Warm up 15 min (z1/2) 15 minute z3 30 mins Cool Down	15 <b>Cross Training</b> Ex. Zumba, Body Challenge, Elliptical	16 <b>Running</b> Easy Run 7 mil	17 <b>Rest Day</b>
Week 4	18 <b>Cross Training</b> Ex. Body Combat, Boot Camp, HITT	19 <b>Running Intervals (RI)</b> Warm up 15 min 8x .50 mi 2-3 min RI Cool Down	20 <b>Rest Day</b>	21 <b>Running Tempo</b> Warm up 15 min (z1/2) 15 minute z3 30 mins Cool Down	22 <b>Strength Training</b> Ex. Kettlebells, Body Challenge, Push ups	23 <b>Cross Training</b> Ex. Spin, Zumba, Bike, Elliptical	24 <b>Running</b> Easy Pace 5 mile
Week 5	25 <b>Merry Christmas Rest</b>	26 <b>Cross Training</b> Ex. Body Combat, Boot Camp, Spin, HITT	27 <b>Running Intervals (RI)</b> 3 mile easy run (4min fast x 1 min slow) 2 miles easy	28 <b>Strength Training</b> Ex. Body Pump, Kettlebells, Push ups, Pull ups	29 <b>Rest Day</b>	30 <b>Running</b> Easy Pace 8 mile	31 <b>Strength Training</b> Ex. Lunges, Squats, Pull ups, Push ups, Lateral Leg Lifts

\*z- zone 1-4



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	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Week 6	<b>1</b> <b>Cross Training</b> Ex. Zumba, Body Challenge, Spin, Boot Camp, TRX	<b>2</b> <b>Running Intervals (RI)</b> Warm up 15 min 8 x .25 mi 1-2 min RI Cool Down	<b>3</b> <b>Rest Day</b>	<b>4</b> <b>Running Tempo</b> Warm up 15 min (z1/2) 15 minute z3 30 mins Cool Down	<b>5</b> <b>Cross Training</b> Ex. Gentle Yoga, Spin, Elliptical, Lower Body Arc Trainer	<b>6</b> <b>Run Route</b> Meet at Arroyo Verde Elementary (8 mile Course)	<b>7</b> <b>Cross Training</b> Ex. Elliptical, Power Mill, Open Stride, Lower Body Arc Trainer
Week 7	<b>8</b> <b>Rest Day</b>	<b>9</b> <b>Running Intervals (RI)</b> Warm up 15 min 10 x .25 mi 1-2 min RI Cool Down	<b>10</b> <b>Cross Training</b> Ex. Hike, yoga, spin, or stationary bike	<b>11</b> <b>Running Tempo</b> Warm up 15 min (z1/2) 20 minute z3 20 mins Cool Down	<b>12</b> <b>Cross Training</b> Ex. Zumba, Yoga, Bike	<b>13</b> <b>Training Camp</b> Meet at Arroyo Verde Elementary (10 mile Course)	<b>14</b> <b>Rest Day</b>
Week 8	<b>15</b> <b>Cross Training</b> Ex. TRX, Zumba, Kettlebells, Power Mill	<b>16</b> <b>Running Intervals (RI)</b> Warm up 15 min 4x .50 mi 2-3 min RI Cool Down	<b>17</b> <b>Rest Day</b>	<b>18</b> <b>Running Tempo</b> Warm up 15 min (z1/2) 15 minute z3 30 mins Cool Down	<b>19</b> <b>Cross Training</b> Ex. Salsa Cardio, Body Challenge, Elliptical	<b>20</b> <b>Training Camp</b> Meet at Arroyo Verde Elementary School (13 mile Course)	<b>21</b> <b>Rest Day</b>
Week 9	<b>22</b> <b>Cross Training</b> Ex. Body Combat, Boot Camp, Cardio Boot Camp	<b>23</b> <b>Running Intervals (RI)</b> Warm up 15 min 8x .50 mi 2-3 min RI Cool Down	<b>24</b> <b>Rest Day</b>	<b>25</b> <b>Running Tempo</b> Warm up 15 min (z1/2) 15 minute z3 30 mins Cool Down	<b>26</b> <b>Cross Training</b> Ex. Spin, Zumba, Bike, Lower Body Arc Trainer	<b>27</b> <b>Rest Day</b>	<b>28</b> <b>Race Day</b> <b>Good Luck!</b>

\*z– zone 1-4