



YMCA Highland Run Half Marathon Training Calendar

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 Rest Day	28 Easy Pace 3 miles	29 Strength Training Ex. Core-planks, shoulder bridges, mountain climbers	30 Running Tempo 4 miles: 1 mile z1 2.5 miles z 2-3 1/2 mile z 4 Cool Down	1 Easy Pace 3 miles	2 Rest Day	3 Long Run 7 miles
Week 2	4 Rest Day	5 Easy Pace 4 miles	6 Strength Training Ex. Overhead lunges, tricep dips, hamstring curls	7 Running Tempo 5 miles: 1.5 mile z1 2.5 miles z 2-3 1/2 mile z 4 1/2 mile z 1	8 Easy Pace 3 miles	9 Rest Day	10 Long Run 9 miles
Week 3	11 Rest Day	12 Easy Pace 3 miles	13 Strength Training Ex. Push-ups, power lunges/squats, deadlifts	14 Running Tempo 6 miles: 2 mile z1 2 miles z 2-3 1 mile z 4 1 mile z 1	15 Cross Training Ex. Salsa Cardio Body Challenge, Elliptical	16 Run 6-7 miles Moderate to hard effort	17 Rest Day
Week 4	18 Rest Day	19 Run 6-7 miles Moderate to hard effort	20 Strength Training Ex. Chest Press, T-bar raises, jumping jack squats	21 Running Tempo 5 miles: 1.5 mile z1 2.5 miles z 2-3 1/2 mile z 4 1/2 mile z 1	22 Cross Training Ex. Spin, Zumba, Bike, Lower Body Arc Trainer	23 Run 6-7 miles Moderate to hard effort	24 Easy Pace 4 miles
Week 5	25 Rest Day Merry Christmas	26 Easy Pace 4 miles	27 Cross Training Ex. Spin, Zumba, Bike, Cardio Kick-boxing, Arc Trainer	28 Running Tempo 6 miles: 2 mile z1 3 miles z 2-3 1/2 mile z 4 1/2 mile z 1	29 Strength Training Ex. Chest Press, Kettlebells, jumping jack squats	30 Rest	31 Run 8-9 miles Moderate to hard effort

*z– zone 1-4



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	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Week 6	1 Rest Day	2 Easy Pace 7 miles	3 Strength Training Ex. Core-planks, shoulder bridges, mountain climbers	4 Running Tempo 4 miles: 1 mile z1 2.5 miles z 2-3 1/2 mile z 4 Cool Down	5 Easy Pace 3 miles	6 Training Camp Meet at Arroyo Verde Elementary School (10 mile Course)	7 Long Run 7 miles
Week 7	8 Rest Day	9 Easy Pace 6 miles	10 Strength Training Ex. Overhead lunges, tricep dips, hamstring curls	11 Running Tempo 5 miles: 1.5 mile z1 2.5 miles z 2-3 1/2 mile z 4 1/2 mile z 1	12 Rest Day	13 Training Camp Meet at Arroyo Verde Elementary School (11 mile Course)	14 Long Run 9 miles
Week 8	15 Rest Day	16 Easy Pace 7 miles	17 Strength Training Ex. Push-ups, power lunges/squats, deadlifts	18 Running Tempo 6 miles: 2 mile z1 2 miles z 2-3 1 mile z 4 1 mile z 1	19 Cross Training Ex. Salsa Cardio Body Challenge, Y Barre, Elliptical	20 Training Camp Meet at Arroyo Verde Elementary School (full Course)	21 Rest Day
Week 9	22 Rest Day	23 Easy Pace 4 miles	24 Strength Training Ex. Chest Press, push-ups, pull ups, jumping jack squats	25 Running Tempo 5 miles: 1.5 mile z1 2.5 miles z 2-3 1/2 mile z 4 1/2 mile z 1	26 Cross Training Ex. Spin, Open Stride, Power Mill, Zumba, Bike	27 Rest Day	28 Race Day Good Luck

*z– zone 1-4