



YMCA Highland Run 5k 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 Rest	28 Base Run 1 mile Run 3 min; walk 30 seconds	29 Strength Training Ex. Core-planks, Russian twist, mountain climbers	30 Base Run 1 mile Run 1 min; walk 1 min	1 Rest	2 Long Run 2 mile Run 5 min; walk 1 min	3 Strength Training Plank, bridge, side plank, bird/dog, leg lifts
Week 2	4 Rest	5 Base Run 1 mile Run 3 min; walk 30 seconds	6 Strength Training Ex. Overhead lunges, squat overhead press	7 Base Run 1 mile Run 1 min; walk 1 min	8 Rest	9 Route Run 2 mile Run 5 min; walk 1 min	10 Distance 4 miles Run or walk
Week 3	11 Rest	12 Base Run 2 miles Run 5 Min; walk 30 seconds	13 Strength Training Ex. Core w/ stability ball, clean n press, t-raise, hamstring curls, Shoulder Bridge	14 Base Run 1.5 mile Run 1 min; walk 1 min	15 Long Run 2.5 Miles Run as much as possible	16 Rest Day	17 Distance 5 miles Run or walk
Week 4	18 Strength Training Take a class: Pilates, Body Pump, TRX, Kettlebell	19 Base Run 2 miles Run 5 Min; walk 30 seconds	20 Strength Training Kettlebells, Y Barre, Body Challenge, Chest Press	21 Base Run 1.5 mile Run 1 min; walk 1 min	22 Cross Training Stationary bike, elliptical, Spin, water aerobics	23 Long Run 2.5 mile Run 5 min; walk 1 min	24 Strength Training Ex. Core w/ stability ball, clean n press, t-raise, hamstring curls, Shoulder Bridge
Week 5	25 Merry Christmas Rest	26 Strength Training Kettlebells, Y Barre, Body Pump, Leg Press, Back	27 Cross Training Stationary bike, elliptical, Spin, water aerobics	28 Base Run 1.5 mile Run 1 min; walk 1 min	29 Long Run 2.5 mile Run 5 min; walk 1 min	30 Rest Day	31 Distance 4 miles Run or walk



YMCA Highland Run 5k Training Calendar—January

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	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Week 6	1 Rest Day	2 Speed Workout 2.5 miles Run or walk ½ mile Run ½ mile recover 4 min, repeat	3 Strength Training Ex. Core-planks, Russian twist, mountain climbers	4 Cross Training Ex. Hike, yoga, spin, stationary bike, Y Barre	5 Temp Workout 2.5 miles Run or walk ½ mile Run 2 mile, walk ½ mile	6 Run Route <i>Meet at Arroyo Verde Elementary</i> 6:30am	7 Rest Day
Week 7	8 Cross Training Ex. Hike, yoga, spin, or stationary bike	9 Speed Workout 3 miles Run or walk ½ mile Run ½ mile, walk 90 secs. Repeat 7x's, walk 1/2 mile	10 Strength Training Ex. Overhead lunges, squat overhead press	11 Rest Day	12 Temp Workout 4 miles Run or walk ½ mile, run 1 ½ mi fast, recover 3 min, repeat run-walk ½ mile	13 Run Route <i>Meet at Arroyo Verde Elementary</i> 6:30am	14 Rest Day
Week 8	15 Cross Training Ex. TRX, Zumba, Kettlebells	16 Speed Workout 4 miles Run or walk ½ mile, run 1 mile, walk 1 min repeat 2x, run-walk ½ mile	17 Strength Training Ex. Core w/ stability ball, clean n press, t-raise, hamstring curls, Shoulder Bridge	18 Rest Day	19 Temp Workout 4 miles Run or walk ½ mile, run 1 ½ mi fast, recover 3 min, repeat run-walk ½ mile	20 Run Route <i>Meet at Arroyo Verde Elementary</i> 6:30am	21 Rest Day
Week 9	22 Cross Training Ex. Body Combat, Boot Camp, HITT	23 Speed Workout 4 miles Run or walk ½ mi, run ½ mi fast recover for 2 min, repeat 5x run-walk ½ mi	24 Strength Training Ex. Push-ups, push-up/ row, split squats, lunges	25 Cross Training Ex. Spin, pilates, body combat	26 Temp Workout 4 miles Run or run-walk ½ mi, run 3mi fast pace, run-walk ½ mi	27 Rest Day	28 Race Day Good Luck