

Need help training for the YOLO Races? We have made it easy for you by providing you with training plans for the three different races. With these easy to follow training plans, you will be ready to #RUNYOLO and accomplish that goal!

18 Week Training Plan for a Half Marathon							
Week	Mon	Tue	Wed	Thu	Fri	Sat	Sun
1	off	3 miles	off	3 miles	off	3 miles	3 miles
2	off	3 miles	off	3 miles	off	4 miles	3 miles
3	off	4 miles	off	4 miles	off	5 miles	3 miles
4	off	4 miles	off	4 miles	off	5 miles	3 miles
5	off	5 miles	off	5 miles	off	6 miles	2-3 miles
6	off	5 miles	off	5 miles	off	6 miles	2-3 miles
7	off	6 miles	off	4 miles	off	7 miles	2-3 miles
8	off	6 miles	off	4 miles	off	7 miles	2-3 miles
9	off	5-6 miles	off	4-5 miles	off	8 miles	2-3 miles
10	off	5-6 miles	off	4-5 miles	off	8 miles	2-3 miles
11	off	6 miles	off	5 miles	off	9 miles	2 miles
12	off	6 miles	off	5 miles	off	9 miles	2 miles
13	off	5-6 miles	off	4-5 miles	off	10 miles	2 miles
14	off	5-6 miles	off	4-5 miles	off	10 miles	2 miles
15	off	5-6 miles	off	4-5 miles	off	11 miles	3 miles
16	off	5-6 miles	off	4-5 miles	off	12 miles	2 miles
17	off	5-6 miles	off	4-5 miles	off	6 miles	3 miles
18	off	4-5 miles	off	4-5 miles	off	13.1 miles!	off

12 Week Training Plan for a 15K Race							
Week	Mon	Tue	Wed	Thu	Fri	Sat	Sun
1	off	1.5 miles	off	1.5 miles	off	2.5 miles	off
2	off	2 miles	off	1.5 miles	off	3 miles	off
3	off	2.5 miles	off	2 miles	off	4 miles	off
4	off	3 miles	off	2 miles	off	3 miles	off
5	off	3 miles	off	2 miles	off	5 miles	off
6	off	3 miles	off	3 miles	off	6 miles	off
7	off	4 miles	off	3 miles	off	7 miles	off
8	off	4 miles	off	4 miles	off	5 miles	off
9	off	4 miles	off	4 miles	off	8 miles	off
10	off	4 miles	off	4 miles	off	9 miles	off
11	off	5 miles	off	4 miles	off	7 miles	off
12	off	4 miles	off	2 miles	off	15K RACE!	off

8 Week Training Plan for a 5K Race							
Week	Mon	Tue	Wed	Thu	Fri	Sat	Sun
1	off	1 miles	off	1.5 miles	off	1.5 miles	30min walk
2	off	1.5 miles	off	1.5 miles	off	1.75 miles	35min walk
3	off	1.75 miles	off	1.5 miles	off	2 miles	40min walk
4	off	2 miles	off	1.5 miles	off	2.25 miles	45min walk
5	off	2.25 miles	off	1.75 miles	off	2.5 miles	50min walk
6	off	2.5 miles	off	1.75 miles	off	2.75 miles	55min walk
7	off	3 miles	off	2 miles	off	3 miles	60min walk
8	off	3 miles	off	1.5 miles	off	5K RACE!	off