



2024 SEPTEMBER



Get Ready for the 2024 Thanksgiving Day Race for YoungLives with this training plan!

Sun	Mon	Tue	Wed	Thu	Fri	Sat
1	2	3	4	5	6	7
		Rest	A: 3 miles easy B: Run 1 min., walk 2 min. - 10 Minutes (.5 Mile)	A: 3 miles easy B: Cross Training - 10 Minutes	Rest	A: 4 miles easy B: Run 1 min., walk 2 min. - 10 Minutes (.5 Mile)
8	9	10	11	12	13	14
A: Rest B: Easy Walk 20 Minutes	A: 3 miles easy B: Run 1 min., walk 2 min. - 10 Minutes (.5 Mile)	Rest	A: 2 X 400, 2 X 200 B: Run 1 min., walk 2 min. - 10 Minutes (.5 Mile)	A: 4 miles easy B: Cross Training - 15 Minutes	Rest	A: 4 mile run easy B: Run 1 min., walk 2 min. - 10 Minutes (.5 Mile)
15	16	17	18	19	20	21
A: Rest B: Easy Walk 20 Minutes	A: 3 miles easy B: Run 1 min., walk 2 min. - 15 Minutes (.5 - 1 Mile)	Rest	A: 3 X 400, 2 X 200 race pace B: Run 1 min., walk 2 min. - 15 Minutes	A: 3 miles easy B: Cross Training - 20 Minutes	Rest	A: 4 miles easy B: Run 1 min., walk 2 min. - 15 Minutes (.5 - 1 Mile)
22	23	24	25	26	27	28
A: Rest B: Easy Walk 25 Minutes	A: 3 miles easy B: Run 1 min., walk 2 min. - 15 Minutes (.5 - 1 Mile)	Rest	A: 4 X 400 race pace B: Run 1 min., walk 2 min. - 15 Minutes (.5 - 1 Mile)	A: 4 miles easy B: Cross Training - 20 Minutes	Rest	A: 5 miles easy B: Run 1 min., walk 2 min. - 15 Minutes (.5 - 1 Mile)
29	30					5
A: Rest B: Easy Walk 20 Minutes	A: 3 miles easy B: Run 1 min., walk 2 min. - 20 Minutes (1.25 Miles)					

A = Current runner B = Beginner Easy = Conversational pace Race Pace = 5k race pace

Train on your own or with the **Hamilton Run Club**. Find us on FB [Fitton Family YMCA Running Club | Facebook](#) or contact Doreen for more information: 513-476-6839



October 2024



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<div style="border: 2px solid red; padding: 5px;"> <p>Someone who is busier than you is running right now.</p> <p style="text-align: right;">– Nike</p> </div>		1	2	3	4	5
		Rest	<p>A: 5 X 400 race pace</p> <p>B: Run 1 min., walk 2 min. - 20 Minutes (1.25 Miles)</p>	<p>A: 3 miles easy</p> <p>B: Cross Training – 20 Minutes</p>	Rest	<p>A: 5 miles easy</p> <p>B: Run 1 min., walk 2 min. - 20 Minutes (1.25 Miles)</p>
6	7	8	9	10	11	12
<p>A: Rest</p> <p>B: Easy Walk 30 Minutes</p>	<p>A: 3 miles easy</p> <p>B: Run 2 min., walk 2 min. - 20 Minutes (1.25 – 1.5 Miles)</p>	Rest	<p>A: 6 X 400 race pace</p> <p>B: Run 2 min., walk 2 min. - 20 Minutes (1.25 – 1.5 Miles)</p>	<p>A: 4 miles easy</p> <p>B: Cross Training – 25 Minutes</p>	Rest	<p>A: 6 miles easy</p> <p>B: Run 2 min., walk 2 min. - 20 Minutes (1.25 – 1.5 Miles)</p>
13	14	15	16	17	18	19
<p>A: Rest</p> <p>B: Easy Walk 30 Minutes</p>	<p>A: 3 miles easy</p> <p>B: Hill Training 25 min. (1.25 – 1.75 miles)</p>	Rest	<p>A: 4 miles tempo run</p> <p>B: Run 2 min., walk min - 25 Minutes (1.5 – 2 Miles)</p>	<p>A: 3 miles easy</p> <p>B: Cross Training – 25 Minutes</p>	Rest	<p>A: 6 miles easy</p> <p>B: Run 2 min., walk 2 min. – 25 Minutes (1.5 – 2 Miles)</p>
20	21	22	23	24	25	26
<p>A: Rest</p> <p>B: Easy Walk 25 Minutes</p>	<p>A: 3 miles run</p> <p>B: Run 2 min., walk 2 min. - 30 Minutes (2 – 2.5 Miles)</p>	Rest	<p>A: 7 X 400 race pace</p> <p>B: Run 2 min., walk 2 min. - 30 Minutes (2 – 2.5 Miles)</p>	<p>A: 4 miles easy</p> <p>B: Cross Training – 30 Minutes</p>	Rest	<p>A: Train Together Day! Run the 5 or 10K Thanksgiving Day Course.</p>
27	28	29	30	31	1	2
<p>A: Rest</p> <p>B: Easy Walk 30 Minutes</p>	<p>A: 4 miles easy</p> <p>B: Run 3 min., walk 2 min. - 30 Minutes (2.25 – 2.75 Miles)</p>	Rest	<p>A: 3 miles w/ Hill Repeats</p> <p>B: Hill training 20 min (1 – 1.5 Miles)</p>	<p>A: 3 miles easy</p> <p>B: Cross Training – 30 Minutes</p>	<div style="border: 2px solid red; padding: 5px;"> <p>Never underestimate the power that one good workout can have on your mind. Keeping the dream alive is half the battle.</p> <p style="text-align: right;">Kara Goucher</p> </div>	




2024 NOVEMBER



Sun	Mon	Tue	Wed	Thu	Fri	Sat
-----	-----	-----	-----	-----	-----	-----

If you run, you are a runner. It doesn't matter how fast or how far. It doesn't matter if today is your first day or if you've been running for twenty years. There is no test to pass, no license to earn, no membership card to get. You just run.
 — John Bingham

					Rest 1	2 A: 5k race if possible B: Run 3 min., walk 2 min. - 30 Minutes (2.25 – 2.75 Miles)
3 A: Rest B: Easy Walk 30 Minutes	4 A: 4 miles easy B: Run 3 min., walk 2 min - 35 Minutes (2.5-3 miles)	5 Rest	6 A: 8 X 400 race pace B: Run 3 min., walk 2 min - 35 Minutes (2.5 - 3 miles)	7 A: 5 miles tempo run B: Cross Training – 30 Minutes	8 Rest	9 A: 7 miles easy B: Run 3 min., walk 2 min - 35 Minutes (2.5 – 3 Miles)
10 A: Rest B: Easy Walk 30 Minutes	11 A: 5 miles easy B: Run 3 min., walk 1 min - 40 Minutes (2.75-3.25 miles)	12 Rest	13 A: 5 miles w/ Hill Repeats B: Hill Training - 25 Minutes (1.25-1.75)	14 A: 5 miles easy B: Cross Training – 30 Minutes	15 Rest	16 A: 8 miles easy B: Run 3 min., walk 1 min - 40 Minutes (2.75 – 3.25 Miles)
17 A: Rest B: Easy Walk 30 Minutes	18 A: 5 miles easy B: Run 3 min., walk 1 min - 45 Minutes (3-4 miles)	19 Rest	20 A: 10 X 400 race pace B: Run 3 min., walk 1 min - 45 Minutes (3-4 miles)	21 A: 6 miles tempo run B: Cross Training – 30 Minutes	22 Rest	23 A: 8 miles easy B: Run 3 min., walk 1 min - 45 Minutes (3-4 miles)
24 A: Rest B: Run 3 min., walk 1 min - 45 Minutes (3-4 miles)	25 A: 2 miles run B: Cross Training - 30 Minutes	26 Rest	27 Rest	28 Race Day, Good Luck! 	29	30