



FOR YOUTH DEVELOPMENT®
 FOR HEALTHY LIVING
 FOR SOCIAL RESPONSIBILITY

2020 5K Training

By RRCA Certified Running Coach Bobby Ballard

Twelve week plan for 5k beginners – Run or Run, Walk

Week	Warm Up	Run, Walk Increments (In Minutes)	Cycles	Cool Down and Stretch
1	Walk 2 – 3 minutes	Run 1,Walk 4	6	Walk 2 – 3 minutes
2	Walk 2 – 3 minutes	Run 2,Walk 3	6	Walk 2 – 3 minutes
3	Walk 2 – 3 minutes	Run 4,Walk2	5	Walk 2 – 3 minutes
4	Walk 2 – 3 minutes	Run 6,Walk 2	4	Walk 2 – 3 minutes
5	Walk 2 – 3 minutes	Run 8,Walk 2	3	Walk 2 – 3 minutes
6	Walk 2 – 3 minutes	Run 10, Walk 2	3	Walk 2 – 3 minutes
7	Walk 2 – 3 minutes	Run 10, Walk 2	3	Walk 2 – 3 minutes
8	Walk 2 – 3 minutes	Run 15, Walk 1	2	Walk 2 – 3 minutes
9	Walk 2 – 3 minutes	Run 15, Walk 1	2	Walk 2 – 3 minutes
10	Walk 2 – 3 minutes	Run 30	1	Walk 2 – 3 minutes
11	Walk 2 – 3 minutes	Run 30	1	Walk 2 – 3 minutes
12	Walk 2 – 3 minutes	Race Day!		

Notes:

Please note that all training for the 5K is in **MINUTES** not **MILES**!

The training plan is for three days a week, **NOT** consecutive days - Mon/Wed/Fri or Tues/Thurs/Sat is great. You should plan to cross-train on one other day of the week as this will improve cardiovascular endurance and strengthens different muscles and helps to prevent injuries.

The Joplin Family Y and Bobby Ballard are not responsible for accidents, injuries, or death. Please check with your doctor before starting any exercise program.



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2020 Half Marathon Training

By RRCA Certified Running Coach Bobby Ballard

Twelve week plan for Half Marathon beginners – Run or Run, Walk

Week	Day 1	Day 2	Day 3
1	3 miles	3 miles	5 miles
2	3.5 miles	3.5 miles	6 miles
3	4 miles	4 miles	7 miles
4	4 miles	4 miles	5 miles
5	4 miles	4 miles	8 miles
6	4.5 miles	4.5 miles	9 miles
7	4.5 miles	4.5 miles	10 miles
8	5 miles	5 miles	8 miles
9	5 miles	5 miles	11 miles
10	5 miles	5 miles	12 miles
11	5 miles	5 miles	8 miles
12	4 miles	3 miles	Race Day!

TIPS FOR USING THIS 12 WEEK HALF MARATHON TRAINING SCHEDULE:

It is pretty simple to follow this! Just choose 3 days a week and follow the recommended mileage for each day. I recommend picking days that are not back-to-back such as Monday, Wednesday, and Saturday or Tuesday, Thursday, and Sunday.

The mileage in this plan increases slightly from week to week (around 2 mile jumps each week) and there are several taper weeks built in. So while it's a short plan in the sense that it's only 12 weeks, it's as gradual as you can get given the time frame.

You should also plan to cross-train at least one other day per week – it improves cardiovascular endurance and also strengthens different muscles, thus preventing injuries. It can be the elliptical, swimming, cycling, or something else you enjoy.

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