

Haven't started training for the Half Marathon you were going to run in 2018? It's not too late to train for the YOLO half marathon on September 2, 2018. We have made it easy for you by providing you with an 18 week training plan.

With this easy to follow training plan you will be ready to #RUNYOLO this September and accomplish that 2018 goal.

However if a Half Marathon isn't for you or you want to bring friends or family, challenge yourself or them with our 15K or 5K options!

Don't wait to sign up prices go up on April 30<sup>th</sup> at midnight.

Half Marathon-\$45.00

15K- \$30.00

5K-\$18.00

To register visit our website at [www.YOLOorg.com](http://www.YOLOorg.com)

Can't wait to see you on September 2<sup>nd</sup>

18 Week Training Plan for a Sunday Race:							
Week	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
1	off	3 miles	off	3 miles	off	3 miles	3 miles
2	off	3 miles	off	3 miles	off	3 miles	4 miles
3	off	4 miles	off	4 miles	off	3 miles	5 miles
4	off	4 miles	off	4 miles	off	3 miles	5 miles
5	off	5 miles	off	5 miles	off	2-3 miles	6 miles
6	off	4 miles	off	5 miles	off	2-3 miles	6 miles
7	off	6 miles	off	4 miles	off	2-3 miles	7 miles
8	off	6 miles	off	4 miles	off	2-3 miles	7 miles
9	off	5-6 miles	off	4-5 miles	off	2-3 miles	8 miles
10	off	5-6 miles	off	4-5 miles	off	2-3 miles	8 miles
11	off	6 miles	off	5 miles	off	2 miles	9 miles
12	off	6 miles	off	5 miles	off	2 miles	9 miles
13	off	5-6 miles	off	4-5 miles	off	2 miles	10 miles
14	off	5-6 miles	off	4-5 miles	off	2 miles	10 miles
15	off	5-6 miles	off	4-5 miles	off	3 miles	11 miles
16	off	5-6 miles	off	4-5 miles	off	2 miles	12 miles
17	off	5-6 miles	off	4-5 miles	off	3 miles	6 miles
18	off	4-5 miles	off	4-5 miles	off	2 miles	13.1 miles!