



Week	Date	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday	Total
1	JAN 16-22	Off/Cross train	3 miles	Off/Cross train	3 miles	Off/Cross train	3 miles	4 miles (Hughes)	13
2	JAN 23-29	Off/Cross train	3 miles	Off/Cross train	4 miles	Off/Cross train	3 miles	4 miles (New Belgium)	14
3	JAN 30-FEB 5	Off/Cross train	4 miles	Off/Cross train	4 miles	3 miles	Off/Cross train	<b>Fossil Creek 5K</b>	16
4	FEB 6-12	Off/Cross train	4 miles	Off/Cross train	4 miles	Off/Cross train	3 miles	5 miles (Hughes)	16
5	FEB 13-FEB 19	Off/Cross train	3 miles	Off/Cross train	5 miles	Off/Cross train	4 miles	6 miles (New Belgium)	18
6	FEB 20-26	Off/Cross train	4 miles	Off/Cross train	3 miles	Off/Cross train	5 miles	7 miles (Hughes)	19
7	FEB 27-MAR 5	Off/Cross train	3 miles	Off/Cross train	Off/Cross train	3 miles	Off/Cross train	<b>Lee Martinez 10K</b>	14
8	MAR 6-12	Off/Cross train	5 miles	Off/Cross train	5 miles	Off/Cross train	3 miles	8 miles (New Belgium)	21
9	MAR 13-19	Off/Cross train	5 miles	Off/Cross train	5 miles	Off/Cross train	4 miles	8 miles (Hughes)	22
10	MAR 20-26	Off/Cross train	6 miles	Off/Cross train	3 miles	Off/Cross train	5 miles	10 miles (New Belgium)	24
11	MAR 27-APR 2	Off/Cross train	3 miles	Off/Cross train	4 miles	3 miles	Off/Cross train	<b>Cottonwood Glen 12K</b>	19
12	APR 3-9	Off/Cross train	6 miles	Off/Cross train	6 miles	Off/Cross train	4 miles	12 miles (Hughes)	28
13	APR 10-16	Off/Cross train	3 miles	Off	3 miles	Off/Cross train	3 miles	5 miles (New Belgium)	14
14	APR 17-23	Off/Cross train	30 min jog	Off	15 min. jog	Off/Cross train	15 min. jog	<b>RACE DAY!</b>	

Notes:

- This plan is designed for runners who are new to racing and/or the half marathon distance.
- All mileage except races should be run at an easy or comfortable 'aerobic' pace. Walk breaks count and are okay.
- Use the *Tortoise and Hare* races as a chance to push yourself and become accustomed to the feeling of running out of your comfort zone.
- Include a one mile warm up and cool down on *Tortoise and Hare* race days.
- For Sunday training runs on the early hills of the course, walking is perfectly acceptable.
- The most important element of the training plan is the weekend long run. If you skip a few midweek runs, no problem, but do your best to complete the long runs. Juggle the schedule as needed to fit them in.
- Cross training is another form of aerobic exercise that engages different muscles than those used for running. Swimming and biking are popular alternatives to running.