



Week	Date	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday	Total
1	JAN 16-22	Off/Cross train	4 miles	Off/Cross train	6 miles	5 miles	Off/Cross train	5 miles (Hughes)	20
2	JAN 23-29	Off/Cross train	Workout 1	3 mile jog	6 miles	Off/Cross train	5 miles	6 miles (New Belgium)	25
3	JAN 30-FEB 5	Off/Cross train	Workout 2	3 mile jog	6 miles	Off/Cross train	6 miles	Fossil Creek 5K	25
4	FEB 6-12	Off/Cross train	5 miles	4 miles	6 miles	Off/Cross train	4 miles	7 miles (Hughes)	26
5	FEB 13-FEB 19	Off/Cross train	Workout 3	3 mile jog	6 miles	Off/Cross train	4 miles	9 miles (New Belgium)	27
6	FEB 20-26	Off/Cross train	Workout 4	4 mile jog	7 miles	Off/Cross train	5 miles	7 miles (Hughes)	30
7	FEB 27-MAR 5	Off/Cross train	5 miles	Off/Cross train	5 miles	Off/Cross train	4 miles	Lee Martinez 10K	22
8	MAR 6-12	Off/Cross train	Workout 5	4 mile jog	7 miles	Off/Cross train	6 miles	10 miles (New Belgium)	32
9	MAR 13-19	Off/Cross train	Workout 6	4 mile jog	7 miles	Off/Cross train	5 miles	10 miles (Hughes)	34
10	MAR 20-26	Off/Cross train	Workout 7	4 mile jog	8 miles	Off/Cross train	6 miles	12 miles (New Belgium)	35
11	MAR 27-APR 2	Off/Cross train	5 miles	Off/Cross train	5 miles	Off/Cross train	4 miles	Cottonwood Glen 12K	23
12	APR 3-9	Off/Cross train	Workout 8	5 mile jog	8 miles	Off/Cross train	6 miles	12 miles (Hughes)	36
13	APR 10-16	Off/Cross train	Workout 9	3 mile jog	4 miles	Off/Cross train	5 miles	5 miles (New Belgium)	24
14	APR 17-23	Off/Cross train	Workout 10	2 mile jog	15 min. jog	Off/Cross train	15 min. jog	RACE DAY!	22

This plan is designed for runners who have run a half marathon or two and other shorter road races and are looking to improve their times.

- All mileage except workouts should be run at an easy or comfortable 'aerobic' pace.
- To help gauge effort and pace for workouts, it is advised that runners race a 5K or 10K early in the training cycle. Use a comparative race pace calculator to find equivalencies between distances.
- Use the *Tortoise & Hare* races as a chance to gauge your fitness progress and develop a goal time for the Horsetooth Half.
- Include a one mile warm up and cool down on *T & H* race days.
- The most important elements of the training plan are workouts and weekend long runs. If you skip a few midweek runs, no problem, but do your best to complete the workouts and 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.

#	Workout Description
1	6 x 30 second hill repeat @ close to max effort; jog back; full recovery between. 2 mile w-u & c-d
2	6 x 45 second hill repeat @ close to max; jog back; full recovery between. 2 mile w-u & c-d
3	Warm up 1 mile, then 30 minute tempo @ 'comfortably hard effort' (could hold for ~60 mins); mile c-d
4	8 x 30 second hill repeat @ close to max; jog back; full recovery between; 2 mile w-u & c-d
5	8 x 45 second hill repeat @ close to max; jog back; full recovery between. 2 mile w-u & c-d
6	Warm up 1 mile, then 2 x 20 minute tempo @ 'comfortably hard effort' (could hold for ~60 mins); mile jog between; mile c-d
7	4 x 90 second hill repeat @ close to max; jog back; full recovery between; 2 mile w-u & c-d
8	6 x 60 second hill repeat @ close to max; jog back; full recovery between; 2 mile w-u & c-d
9	Warm up 1 mile, then 40 minute tempo @ 'comfortably hard effort' on rolling terrain (Bacon Strip or similar); mile c-d
10	4 mile run, with 2 x 3min @ goal HM pace