



WEEK	DATES	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY	TOTAL
1	JAN 8-14	Off/Cross train	3 miles	Off/Cross train	3 miles	Off/Cross train	3 miles	<b>T&amp;H Fossil Creek 5K</b>	14
2	JAN 15-21	Off/Cross train	3 miles	Off/Cross train	4 miles	Off/Cross train	3 miles	4 miles (Hughes)	14
3	JAN 22-28	Off/Cross train	4 miles	Off/Cross train	4 miles	Off/Cross train	3 miles	5 Miles (Rio)	16
4	JAN 29 - FEB 4	Off/Cross train	4 miles	Off/Cross train	4 miles	Off/Cross train	3 miles	<b>T&amp;H Edora Park 8K</b>	18
5	FEB 5-11	Off/Cross train	3 miles	Off/Cross train	5 miles	Off/Cross train	4 miles	6 miles (Hughes)	18
6	FEB 12-18	Off/Cross train	4 miles	Off/Cross train	3 mile	Off/Cross train	5 miles	7 miles (New Belgium)	19
7	FEB 19-25	Off/Cross train	3 miles	Off/Cross train	Off/Cross train	Off/Cross train	3 miles	8 miles (Hughes)	14
8	FEB 26 - MAR 4	Off/Cross train	5 miles	Off/Cross train	5 miles	Off/Cross train	3 miles	<b>T&amp;H Lee Martinez 10K</b>	21
9	MAR 5-11	Off/Cross train	5 miles	Off/Cross train	5 miles	Off/Cross train	4 miles	9 miles (Rio)	23
10	MAR 12-18	Off/Cross train	6 miles	Off/Cross train	4 miles	Off/Cross train	5 miles	10 miles (Hughes)	25
11	MAR 19-25	Off/Cross train	6 miles	Off/Cross train	4 miles	Off/Cross train	4 miles	12 miles (Hughes)	26
12	MAR 25 -APR 1	Off/Cross train	4 miles	Off/Cross train	4 miles	Off/Cross train	<b>T&amp;H Cottonwood Glen 12K</b>	3 miles	20
13	APR 2-8	Off/Cross train	3 miles	Off	3 miles	Off/Cross train	3 miles	5 miles (New Belgium)	14
14	APR 9-15	Off/Cross train	30 min jog	Off	15 min jog	Off/Cross train	15 min jog	<b>RACE DAY!</b>	18

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.

**HTH Training Kick-Off!**      **Sunday, January 7 (New Belgium)**