



WEEK	DATES	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY	TOTAL
1	JAN 7-13	Off/Cross train	3 miles	Off/Cross train	3 miles	Off/Cross train	3 miles	<b>Fossil Creek T&amp;H 5k</b>	14
2	JAN 14-20	Off/Cross train	3 miles	Off/Cross train	4 miles	Off/Cross train	3 miles	4 miles (Hughes)	14
3	JAN 21-27	Off/Cross train	4 miles	Off/Cross train	4 miles	Off/Cross train	3 miles	5 Miles (Rio)	16
4	JAN 28 - FEB 3	Off/Cross train	4 miles	Off/Cross train	4 miles	Off/Cross train	3 miles	<b>Edora Park T&amp;H 8k</b>	18
5	FEB 4-10	Off/Cross train	3 miles	Off/Cross train	5 miles	Off/Cross train	4 miles	6 miles (Hughes)	18
6	FEB 11-17	Off/Cross train	4 miles	Off/Cross train	3 mile	Off/Cross train	5 miles	7 miles (New Belgium)	19
7	FEB 18-24	Off/Cross train	3 miles	Off/Cross train	Off/Cross train	Off/Cross train	3 miles	8 miles (Hughes)	14
8	FEB 25 - MAR 3	Off/Cross train	5 miles	Off/Cross train	5 miles	Off/Cross train	3 miles	<b>Lee Martinez T&amp;H 10k</b>	21
9	MAR 4-10	Off/Cross train	5 miles	Off/Cross train	5 miles	Off/Cross train	4 miles	9 miles (Rio)	23
10	MAR 11-17	Off/Cross train	6 miles	Off/Cross train	4 miles	Off/Cross train	5 miles	10 miles (Hughes)	25
11	MAR 18-24	Off/Cross train	6 miles	Off/Cross train	4 miles	Off/Cross train	4 miles	12 miles (New Belgium)	26
12	MAR 25 -31	Off/Cross train	4 miles	Off/Cross train	4 miles	Off/Cross train	<b>Cottonwood Glen T&amp;H 12k</b>	3 miles	20
13	APR 1-7	Off/Cross train	3 miles	Off	3 miles	Off/Cross train	3 miles	5 miles (New Belgium)	14
14	APR 8-14	Off/Cross train	30 min jog	Off	15 min jog	Off/Cross train	15 min jog	<b>RACE DAY!</b>	18

Notes:

**HTH Training Kick-Off! Sunday, January 6 (New Belgium)**

- 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.