



Week	Date	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Total
1	JAN 3-9	3 miles (Altitude Running)	Off/Cross train	3 miles	Off/Cross train	4 miles	3 miles	Off/Cross train	13
2	JAN 10-16	8k T&H (Edora Park)	Off/Cross train	3 miles	Off/Cross train	4 miles	Off/Cross train	3 miles	15
3	JAN 17-23	4 miles (New Belgium)	Off/Cross train	4 miles	Off/Cross train	4 miles	Off/Cross train	4 miles	16
4	JAN 24-30	5 miles (New Belgium)	Off/Cross train	4 miles	Off/Cross train	4 miles	Off/Cross train	5 miles	18
5	JAN 31-FEB 6	6 miles (Hughes Stadium)	Off/Cross train	4 miles	Off/Cross train	5 miles	3 miles	Off/Cross train	18
6	FEB 7-13	5k T&H (Fossil CreekPark)	Off/Cross train	3 miles	Off/Cross train	3 miles	Off/Cross train	3 miles	12.1
7	FEB 14-20	7 miles (New Belgium)	Off/Cross train	5 miles	Off/Cross train	4 miles	Off/Cross train	4 miles	21
8	FEB 21-27	8 miles (Hughes Stadium)	Off/Cross train	5 miles	Off/Cross train	5 miles	Off/Cross train	5 miles	20
9	FEB 28-MAR 5	9 miles (New Belgium)	Off/Cross train	5 miles	Off/Cross train	5 miles	4 miles	Off/Cross train	23
10	MAR 6-12	10k T&H (Lee Martinez Park)	Off/Cross train	3 miles	Off/Cross train	3 miles	Off/Cross train	3 miles	15.2
11	MAR 13-19	10 miles (Hughes Stadium)	Off/Cross train	6 miles	Off/Cross train	4 miles	Off/Cross train	4 miles	24
12	MAR 20-26	10 miles (New Belgium)	Off/Cross train	6 miles	Off/Cross train	5 miles	Off/Cross train	5 miles	26
13	MAR 27-APR 2	12 miles (Hughes Stadium)	Off/Cross train	6 miles	Off/Cross train	5 miles	5 miles	Off/Cross train	28
14	APR 3-9	12k T&H (Cottonwood Glen Park)	Off/Cross train	3 miles	Off/Cross train	3 miles	Off/Cross train	3 miles	16.5
15	APR 10-16	5 miles (New Belgium)	Off/Cross train	30 mins jog	OFF	15 mins jog	Off/Cross train	15 mins jog	11
16	APRIL 17	RACE DAY!							13.1

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.
- 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.