



Week	Date	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Total
1	JAN 3-9	5 miles (Altitude Running)	Off/Cross train	4 miles	Off/Cross train	6 miles	5 miles	Off/Cross train	20
2	JAN 10-16	8k T&H (Edora Park)	Off/Cross train	5 miles	Off/Cross train	6 miles	Off/Cross train	5 miles	21
3	JAN 17-23	6 miles (New Belgium)	Off/Cross train	Workout 1	3 mile jog	6 miles	Off/Cross train	6 miles	27
4	JAN 24-30	7 miles (New Belgium)	Off/Cross train	Workout 2	3 mile jog	6 miles	Off/Cross train	7 miles	30
5	JAN 31-FEB 6	8 miles (Hughes Stadium)	Off/Cross train	Workout 3	3 mile jog	7 miles	5 miles	Off/Cross train	27
6	FEB 7-13	5k T&H (Fossil CreekPark)	Off/Cross train	4 miles	Off/Cross train	4 miles	Off/Cross train	5 miles	16.1
7	FEB 14-20	7 miles (New Belgium)	Off/Cross train	Workout 4	3 mile jog	6 miles	Off/Cross train	6 miles	28
8	FEB 21-27	8 miles (Hughes Stadium)	Off/Cross train	Workout 5	3 mile jog	7 miles	Off/Cross train	6 miles	31
9	FEB 28-MAR 5	9 miles (New Belgium)	Off/Cross train	Workout 6	3 mile jog	7 miles	5 miles	Off/Cross train	29
10	MAR 6-12	10k T&H (Lee Martinez Park)	Off/Cross train	4 miles	Off/Cross train	4 miles	Off/Cross train	4 miles	18.2
11	MAR 13-19	10 miles (Hughes Stadium)	Off/Cross train	Workout 7	3 mile jog	7 miles	Off/Cross train	6 miles	34
12	MAR 20-26	10 miles (New Belgium)	Off/Cross train	Workout 8	3 mile jog	8 miles	Off/Cross train	6 miles	34
13	MAR 27-APR 2	12 miles (Hughes Stadium)	Off/Cross train	Workout 9	3 mile jog	8 miles	6 miles	Off/Cross train	36
14	APR 3-9	12k T&H (Cottonwood Glen Park)	Off/Cross train	6 miles	Off/Cross train	4miles	Off/Cross train	4 miles	21.5
15	APR 10-16	6 miles (New Belgium)	Off/Cross train	Workout 10	2 mile jog	15 mins jog	Off/Cross train	15 mins jog	15
16	APRIL 17	RACE DAY!							13.1

- This plan is designed for runners who have run a half marathon or two and other shorter road races and 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.
- 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 #	Workout Description
1	Warm up: mile @ 10k effort; then 4 x 800; 400 jog between intervals
2	Warm up: 800 @ 10k effort; then 4 x (800/400); 200 jog after 800, 400 jog after 400
3	30 minute tempo at between 10k and half marathon pace
4	Warm up: mile @10k effort; then mile, 800, mile @ 5k effort; 400 jog between
5	Warm up: mile @ 10k effort; then 3 x mile @ 5k effort; 800 jog between
6	40 minute tempo at between 10k and half marathon pace
7	Warm up: mile @ 10k effort; then 2 x 2 mile @ 10k effort; 800 jog between
8	3 x 2 mile @ goal half marathon pace; mile jog between
9	2 x 3 mile @ goal half marathon pace; mile jog between
10	4 mile run, with 3 x 3min @ goal half marathon pace.