



# HORSETOOTH HALF MARATHON

FORT COLLINS, CO

WEEK	DATES	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY	TOTAL
1	JAN 8-14	Off/Cross train	4 miles	Off/Cross train	6 miles	Off/Cross train	5 miles	<b>T&amp;H Fossil Creek 5K</b>	20
2	JAN 15-21	Off/Cross train	Workout 1	4 mile jog	6 miles	Off/Cross train	5 miles	6 miles (Hughes)	26
3	JAN 22-28	Off/Cross train	Workout 2	4 mile jog	6 miles	Off/Cross train	6 miles	7 Miles (Rio)	28
4	JAN 29 - FEB 4	Off/Cross train	Workout 3	Off/Cross train	6 miles	Off/Cross train	4 miles	<b>T&amp;H Edora Park 8K</b>	23
5	FEB 5-11	Off/Cross train	4 miles	5 miles	6 miles	Off/Cross train	6 miles	8 miles (Hughes)	29
6	FEB 12-18	Off/Cross train	Workout 4	5 mile jog	7 mile	Off/Cross train	6 miles	9 miles (New Belgium)	32
7	FEB 19-25	Off/Cross train	workout 5	5 mile jog	7 mile	Off/Cross train	6 miles	10 miles (Hughes)	33
8	FEB 26 - MAR 4	Off/Cross train	5 miles	Off/Cross train	5 miles	Off/Cross train	4 miles	<b>T&amp;H Lee Martinez 10K</b>	22
9	MAR 5-11	Off/Cross train	Workout 6	4 mile jog	7 miles	Off/Cross train	6 miles	11 miles (Rio)	35
10	MAR 12-18	Off/Cross train	Workout 7	6 mile jog	7 miles	Off/Cross train	6 miles	12 miles (Hughes)	36
11	MAR 19-25	Off/Cross train	Workout 8	5 mile jog	8 miles	Off/Cross train	7 miles	12 miles (Hughes)	37
12	MAR 25 -APR 1	Off/Cross train	5 miles	Off/Cross train	7 miles	Off/Cross train	<b>T&amp;H Cottonwood Glen 12K</b>	6 miles	27
13	APR 2-8	Off/Cross train	Workout 9	2 mile jog	4 miles	Off/Cross train	3 miles	5 miles (New Belgium)	21
14	APR 9-15	Off/Cross train	Workout 10	2 mile jog	15 min jog	Off/Cross train	15 min jog	<b>RACE DAY!</b>	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.

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

### # 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 6x 45; 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.