



BEGINNER TRAINING PROGRAM

HORSETOOTH HALF MARATHON

FORT COLLINS, CO

Horsetooth Half
Training
Kick-Off!

Sunday, January 12
**New Belgium
Brewing**

WEEK	DATES	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY	TOTAL
1	JAN 13-19	Cross @ Alive	3 miles	Off/Cross train	3 miles	Spin/Yoga @ RAC	3 miles	4 miles hills (race start)	13
2	JAN 20-26	Cross @ Alive	3 miles	Off/Cross train	4 miles	Spin/Yoga @ RAC	3 miles	4 miles (RIO)	14
3	JAN 27-FEB 2	Cross @ Alive	4 miles	Off/Cross train	4 miles	Spin/Yoga @ RAC	3 miles	Edora Park T&H 8k	18
4	FEB 3-9	Cross @ Alive	4 miles	Off/Cross train	4 miles	Spin/Yoga @ RAC	3 miles	5 miles hills (race start)	16
5	FEB 10-16	Cross @ Alive	3 miles	Off/Cross train	5 miles	Spin/Yoga @ RAC	4 miles	6 miles (NBB)	18
6	FEB 17-23	Cross @ Alive	4 miles	Off/Cross train	3 mile	Spin/Yoga @ RAC	5 miles	6 miles hills (race start)	18
7	FEB 24-MAR1	Cross @ Alive	3 miles	Off/Cross train	Off/Cross train	Spin/Yoga @ RAC	3 miles	Lee Martinez T&H 10k	14
8	MAR 2-8	Cross @ Alive	5 miles	Off/Cross train	5 miles	Spin/Yoga @ RAC	3 miles	8 miles hills (race start)	21
9	MAR 9-15	Cross @ Alive	5 miles	Off/Cross train	5 miles	Spin/Yoga @ RAC	4 miles	9 miles (Rio)	23
10	MAR 16-22	Cross @ Alive	6 miles	Off/Cross train	4 miles	Spin/Yoga @ RAC	5 miles	10 miles hills (race start)	25
11	MAR 23-29	Cross @ Alive	6 miles	Off/Cross train	4 miles	Spin/Yoga @ RAC	4 miles	12 miles (RIO)	26
12	MAR 30-APR 5	Cross @ Alive	4 miles	Off/Cross train	4 miles	Spin/Yoga @ RAC	3 miles	Rolland Moore T&H 12k	20
13	APR 6-12	Cross @ Alive	3 miles	Off	3 miles	Spin/Yoga @ RAC	3 miles	5 miles (NBB)	14
14	APR 13-19	Cross @ Alive	30 min jog	Off	15 min jog	Spin/Yoga @ RAC	15 min jog	RACE DAY!	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. Group workouts are available this year at RAC & Alive on Mon & Fri.

Don't forget Fossil Creek T&H 5k, Jan. 5