




Sunday, January 12
New Belgium Brewing

WEEK	DATES	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY	TOTAL
1	JAN 13-19	Cross @ Alive	4 miles	Off/Cross train	6 miles	Spin/Yoga @ RAC	5 miles	6 miles hills (race start)	21
2	JAN 20-26	Cross @ Alive	TNT Workout 1	4 mile jog	6 miles	Spin/Yoga @ RAC	5 miles	6 miles (RIO)	26
3	JAN 27-FEB 2	Cross @ Alive	TNT Workout 2	4 mile jog	6 miles	Spin/Yoga @ RAC	6 miles	Edora Park T&H 8k	28
4	FEB 3-9	Cross @ Alive	TNT Workout 3	Off/Cross train	6 miles	Spin/Yoga @ RAC	4 miles	7 miles hills (race start)	23
5	FEB 10-16	Cross @ Alive	4 miles	5 miles	6 miles	Spin/Yoga @ RAC	6 miles	8 miles (NBB)	29
6	FEB 17-23	Cross @ Alive	TNT Workout 4	5 mile jog	7 mile	Spin/Yoga @ RAC	6 miles	8 miles hills (race start))	31
7	FEB 24-MAR1	Cross @ Alive	TNT Workout 5	5 mile jog	7 mile	Spin/Yoga @ RAC	6 miles	Lee Martinez T&H 10k	32
8	MAR 2-8	Cross @ Alive	5 miles	Off/Cross train	5 miles	Spin/Yoga @ RAC	4 miles	10 miles hills (race start)	24
9	MAR 9-15	Cross @ Alive	TNT Workout 6	4 mile jog	7 miles	Spin/Yoga @ RAC	6 miles	11 miles (Rio)	36
10	MAR 16-22	Cross @ Alive	TNT Workout 7	6 mile jog	7 miles	Spin/Yoga @ RAC	6 miles	12 miles hills (race start)	36
11	MAR 23-29	Cross @ Alive	TNT Workout 8	5 mile jog	8 miles	Spin/Yoga @ RAC	7 miles	12 miles (RIO)	37
12	MAR 30-APR 5	Cross @ Alive	5 miles	3 mile jog	7 miles	Spin/Yoga @ RAC	4 miles	Rolland Moore T&H 12k	26
13	APR 6-12	Cross @ Alive	TNT Workout 9	Off/Cross train	4 miles	Spin/Yoga @ RAC	3 miles	5 miles (NBB)	20
14	APR 13-19	Cross @ Alive	TNT Workout 10	2 mile jog	15 min jog	Spin/Yoga @ RAC	15 min jog	RACE DAY!	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.

Your tempo effort is somewhere between 10k and half marathon effort. 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.

The **Tuesday Night Track** (TNT) group will be meeting Tuesdays at 6:00 to do Horsetooth workouts each week. The group is welcoming and composed of runners of all abilities and paces. Workouts are easier with friends.

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. Group workouts are available this year at RAC & Alive on Mon & Fri.

Workout Description

- 1 mile tempo, 6 x 30 second hill repeat @ close to max effort, 1 mile tempo. 1 mile w-u & c-d
- 1 mile tempo, 6 x 45 second hill repeat @ close to max effort, 1 mile tempo. 1 mile w-u & c-d
- Warm up 1 mile, then 2 x 2 mile tempo @ 'comfortably hard effort' (could hold for ~60 mins); mile c-d
- 1 mile tempo, 8 x 30 second hill repeat @ close to max effort, 1 mile tempo. 1 mile w-u & c-d
- 1 mile tempo, 8 x 45 second hill repeat @ close to max effort, 1 mile tempo. 1 mile w-u & c-d
- Warm up 1 mile, then 2 x 20 minute tempo @ 'comfortably hard effort' (could hold for ~60 mins); mile jog between; mile c-d
- 1 mile tempo, 4 x 90 second hill repeat @ close to max effort, 1 mile tempo. 1 mile w-u & c-d
- 1 mile tempo, 6 x 60 second hill repeat @ close to max effort, 1 mile tempo. 1 mile w-u & c-d
- Warm up 1 mile, then 40 minute tempo @ 'comfortably hard effort' on rolling terrain (Bacon Strip or similar); mile c-d
- 4 mile run, with 4 x 3min @ goal HM pace.

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