



**BEGINNER
TRAINING
PROGRAM**



HORSETOOTH HALF MARATHON
FORT COLLINS, CO

Horsetooth Half
Training
Kick-Off!

Sunday, August 8
**New Belgium
Brewing**

WEEK	DATES	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY	TOTAL
1	AUG 9-15	Off/Cross train	3 miles	Off/Cross train	3 miles	Off/Cross train	3 miles	4 miles hills (race start)	13
2	AUG 16-22	Off/Cross train	3 miles	Off/Cross train	4 miles	Off/Cross train	3 miles	4 miles (RIO)	14
3	AUG 23-29	Off/Cross train	4 miles	Off/Cross train	4 miles	Off/Cross train	3 miles	5 miles hills (race start)	16
4	AUG 30-SEP 5	Off/Cross train	4 miles	Off/Cross train	4 miles	Off/Cross train	3 miles	Off/Cross train	11
5	SEP 6-12	10k Race (Fortitude)	Off/Cross train	3 miles	5 miles	Off/Cross train	4 miles	6 miles (Altitude Running)	24
6	SEP 13-19	Off/Cross train	4 miles	Off/Cross train	3 mile	Off/Cross train	5 miles	7 miles hills (race start)	19
7	SEP 20-26	Off/Cross train	4 miles	Off/Cross train	Off/Cross train	Off/Cross train	3 miles	Rolland Moore T&H 4K	12
8	SEP 27-OCT 3	Off/Cross train	5 miles	Off/Cross train	5 miles	Off/Cross train	3 miles	8 miles (JAX)	21
9	OCT 4-10	Off/Cross train	5 miles	Off/Cross train	5 miles	Off/Cross train	4 miles	8 miles hills (race start)	22
10	OCT 11-17	Off/Cross train	6 miles	Off/Cross train	4 miles	Off/Cross train	5 miles	10-12 miles (RIO)	25-27
11	OCT 18-24	Off/Cross train	6 miles	Off/Cross train	4 miles	Off/Cross train	4 miles	10 miles hills (race start)	24
12	OCT 25-31	Off/Cross train	4 miles	Off/Cross train	4 miles	Off/Cross train	3 miles	Lee Martinez T&H 10k	20
13	NOV 1-7	Off/Cross train	3 miles	Off	3 miles	Off/Cross train	3 miles	5 miles (NBB)	14
14	NOV 8-14	Off/Cross train	30 min jog	Off	15 min jog	Off/Cross train	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.