



Sunday, August 8
New Belgium Brewing

WEEK	DATES	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY	TOTAL
1	AUG 9-15	Off/Cross train	4 miles	Off/Cross train	6 miles	Off/Cross train	5 miles	6 miles hills (race start)	21
2	AUG 16-22	Off/Cross train	TNT Workout 1	4 mile jog	6 miles	Off/Cross train	5 miles	6 miles (RIO)	26
3	AUG 23-29	Off/Cross train	TNT Workout 2	4 mile jog	6 miles	Off/Cross train	6 miles	7 miles hills (race start)	28
4	AUG 30-SEP 5	Off/Cross train	TNT Workout 3	Off/Cross train	6 miles	Off/Cross train	4 miles	Off/Cross train	15
5	SEP 6-12	10k Race (Fortitude)	Off/Cross train	5 miles	6 miles	Off/Cross train	6 miles	8 miles (Altitude)	31
6	SEP 13-19	Off/Cross train	TNT Workout 4	5 mile jog	7 mile	Off/Cross train	6 miles	8 miles hills (race start)	31
7	SEP 20-26	Off/Cross train	TNT Workout 5	5 mile jog	7 mile	Off/Cross train	6 miles	Rolland Moore T&H 4K	28
8	SEP 27-OCT 3	Off/Cross train	5 miles	Off/Cross train	5 miles	Off/Cross train	4 miles	10 miles (JAX))	24
9	OCT 4-10	Off/Cross train	TNT Workout 6	4 mile jog	7 miles	Off/Cross train	6 miles	10 miles hills (race start)	36
10	OCT 11-17	Off/Cross train	TNT Workout 7	6 mile jog	7 miles	Off/Cross train	6 miles	12 miles (RIO)	36
11	OCT 18-24	Off/Cross train	TNT Workout 8	5 mile jog	8 miles	Off/Cross train	7 miles	12 miles hills (race start)	37
12	OCT 25-31	Off/Cross train	5 miles	3 mile jog	7 miles	Off/Cross train	6 miles	Lee Martinez T&H 10k	28
13	NOV 1-7	Off/Cross train	TNT Workout 9	Off/Cross train	4 miles	Off/Cross train	3 miles	5 miles (NBB)	20
14	NOV 8-14	Off/Cross train	TNT Workout 10	2 mile jog	15 min jog	Off/Cross train	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.