



Sunday, January 9  
**New Belgium  
 Brewing**

WEEK	DATES	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY	TOTAL
0	DEC 26-JAN 2					Resolution Run 5K			
1	JAN 3-9	Cross @ Alive	3 miles	Off/Cross train	3 miles	Cross Train	3 miles	4 miles, Training Kick-Off (NBB)	13
2	JAN 10-16	Cross @ Alive	3 miles	Off/Cross train	4 miles	Cross Train	3 miles	<b>Spring Canyon T&amp;H 5K</b>	15
3	JAN 17-23	Cross @ Alive	4 miles	Off/Cross train	4 miles	Cross Train	3 miles	4 miles hills (race start)	15
4	JAN 24-30	Cross @ Alive	4 miles	Off/Cross train	4 miles	Cross Train	4 miles	5 miles (TBD)	17
5	JAN 31-FEB 6	Cross @ Alive	3 miles	Off/Cross train	3 miles	Cross Train	3 miles	<b>Edora Park T&amp;H 8K</b>	16
6	FEB 7-13	Cross @ Alive	4 miles	Off/Cross train	5 miles	Cross Train	4 miles	6 miles hills (race start)	19
7	FEB 14-20	Cross @ Alive	4 miles	Off/Cross train	4 miles	Cross Train	4 miles	7 miles (NBB)	19
8	FEB 21-27	Cross @ Alive	5 miles	Off/Cross train	5 miles	Cross Train	4 miles	8 miles hills (race start)	22
9	FEB 28-MAR 6	Cross @ Alive	5 miles	Off/Cross train	6 miles	Cross Train	4 miles	<b>Fossil Creek T&amp;H 5K</b>	20
10	MAR 7-13	Cross @ Alive	6 miles	Off/Cross train	5 miles	Cross Train	5 miles	10 miles hills (race start)	26
11	MAR 14-20	Cross @ Alive	5 miles	Off/Cross train	6 miles	Cross Train	4 miles	12 miles (RIO)	27
12	MAR 21-27	Cross @ Alive	4 miles	Off/Cross train	6 miles	Cross Train	3 miles	<b>Cottonwood Glen T&amp;H 12K</b>	22
13	MAR 28-APR 3	Cross @ Alive	3 miles	OFF	3 miles	Cross Train	3 miles	5 miles (NBB)	14
14	APR 4-10	Cross @ Alive	30 min jog	OFF	15 min jog	Cross Train	15 min jog	<b>RACE DAY!</b>	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.