



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	Strength @ Alive	4 miles	3 miles	6 miles	Cross train	5 miles	5 miles, Training Kick-Off (NBB)	23
2	JAN 10-16	Strength @ Alive	TNT Workout 1	4 mile jog	6 miles	Cross train	5 miles	<b>Spring Canyon T&amp;H 5K</b>	25
3	JAN 17-23	Strength @ Alive	TNT Workout 2	4 mile jog	6 miles	Cross train	6 miles	6 miles hills (race start)	27
4	JAN 24-30	Strength @ Alive	TNT Workout 3	Off/Cross train	6 miles	Cross train	4 miles	7 miles (TBD)	22
5	JAN 31-FEB 6	Strength @ Alive	4 miles	5 mile jog	6 miles	Cross train	6 miles	<b>Edora Park T&amp;H 8K</b>	28
6	FEB 7-13	Strength @ Alive	TNT Workout 4	5 mile jog	7 miles	Cross train	6 miles	8 miles hills (race start)	31
7	FEB 14-20	Strength @ Alive	TNT Workout 5	5 mile jog	7 miles	Cross train	6 miles	9 miles (NBB)	32
8	FEB 21-27	Strength @ Alive	5 miles	5 mile jog	7 miles	Cross train	6 miles	10 miles hills (race start)	33
9	FEB 28-MAR 6	Strength @ Alive	TNT Workout 6	Off/Cross train	6 miles	Cross train	6 miles	<b>Fossil Creek T&amp;H 5K</b>	22
10	MAR 7-13	Strength @ Alive	TNT Workout 7	6 mile jog	7 miles	Cross train	6 miles	12 miles hills (race start)	36
11	MAR 14-20	Strength @ Alive	TNT Workout 8	6 mile jog	8 miles	Cross train	7 miles	12 miles (RIO)	38
12	MAR 21-27	Strength @ Alive	5 miles	4 mile jog	6 miles	Cross train	4 miles	<b>Cottonwood Glen T&amp;H 12K</b>	28
13	MAR 28-APR 3	Strength @ Alive	TNT Workout 9	Off/Cross train	5 miles	Cross train	4 miles	5 miles (NBB)	19
14	APR 4-10	Strength @ Alive	TNT Workout 10	2 mile jog	15 min jog	Cross train	14 min jog	<b>RACE DAY!</b>	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 between distances.

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 strength workouts are available this year at Alive with Niki Veldman on Mon.

**# 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.