



# BEGINNER RUNNING PROGRAM



# FORT COLLINS RUNNING CLUB RUNNING U

Week	Date	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday Group	Total	
0	12/25-12/31	Run as you want. Try to run/walk for 20-25 minutes 2-3 times a week to get yourself ready for the beginning of the training program							Res Run 5k	4-10
1	1/1-1/7								4 miles, KICK OFF (NBB)	4-10
2	1/8-1/14	Off/Cross train	3 miles	Cross @ Alive	3 miles	Walk/Cross Train	3 miles	Spring Creek Park T&H 5k*	13	
3	1/15-1/21	Off/Cross train	3 miles	Cross @ Alive	4 miles	Walk/Cross Train	3 miles	4 miles hills (race start)	14	
4	1/22-1/28	Off/Cross train	4 miles	Cross @ Alive	4 miles	Walk/Cross Train	3 miles	5 miles (Location TBD)	16	
5	1/29-2/4	Off/Cross train	4 miles	Cross @ Alive	4 miles	Walk/Cross Train	3 miles	Edora Park T&H 8k*	18	
6	2/5-2/11	Off/Cross train	3 miles	Cross @ Alive	4 miles	Walk/Cross Train	OFF	6 miles hills (race start)	13	
7	2/12-2/18	Off/Cross train	4 miles	Cross @ Alive	5 miles	Walk/Cross Train	4 miles	7 miles (New Belgium)	20	
8	2/19-2/25	Off/Cross train	4 miles	Cross @ Alive	5 miles	Walk/Cross Train	4 miles	8 miles hills or Bacon Strip race	21	
9	2/26-3/3	Off/Cross train	5 miles	Cross @ Alive	5 miles	Walk/Cross Train	4 miles	Lee Martinez T&H 10k*	22	
10	3/4-3/10	Off/Cross train	5 miles	Cross @ Alive	6 miles	Walk/Cross Train	4 miles	10 miles hills (race start)	25	
11	3/11-3/17	Off/Cross train	5 miles	Cross @ Alive	6 miles	Walk/Cross Train	5 miles	12 miles (Crisp & Green)	28	
12	3/18-3/24	Off/Cross train	5 miles	Cross @ Alive	6 miles	Walk/Cross Train	4 miles	8 miles hills (race start)	23	
13	3/25-3/31	Off/Cross train	4 miles	Cross @ Alive	6 miles	Walk/Cross Train	Cottonwood Glen T&H 12k*	4 miles	22	
14	4/1-4/7	Off/Cross train	3 miles	Cross @ Alive	3 miles	Walk/Cross Train	3 miles	5 miles (New Belgium)	14	
15	4/8-4/14	Off/Cross train	30 mins jog	OFF	15 mins jog	Walk/Cross Train	15 mins jog	RACE DAY	20	

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

\* Before and after T&H races, try to warm up and cool down with an easy mile or two.