



# INTERMEDIATE 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. Focus on consistency to get yourself ready for the beginning of the training program						Res Run 5k	15-20
1	1/1-1/7							5 miles, KICK OFF (NBB)	15-20
2	1/8-1/14	3 miles	4 miles	Cross @ Alive	6 miles	Cross train	5 miles	Spring Canyon Park T&H 5k*	23
3	1/15-1/21	4 mile jog	TNT Workout 1	Cross @ Alive	6 miles	Cross train	5 miles	6 miles hills (race start)	26
4	1/22-1/28	4 mile jog	TNT Workout 2	Cross @ Alive	6 miles	Cross train	6 miles	7 miles (Location TBD)	28
5	1/29-2/4	Off/Cross train	TNT Workout 3	Cross @ Alive	6 miles	Cross train	4 miles	Edora Park T&H 8k*	23
6	2/5-2/11	3 mile jog	3 miles	Cross @ Alive	3 miles	Cross train	4 miles	8 miles hills (race start)	21
7	2/12-2/18	5 mile jog	TNT Workout 4	Cross @ Alive	7 miles	Cross train	6 miles	9 miles (New Belgium)	32
8	2/19-2/25	5 mile jog	TNT Workout 5	Cross @ Alive	7 miles	Cross train	6 miles	10 miles hills or Bacon Strip race	33
9	2/26-3/3	5 mile jog	TNT Workout 6	Cross @ Alive	7 miles	Cross train	6 miles	Lee Martinez T&H 10k*	33
10	3/4-3/10	Off/Cross train	3 miles	Cross @ Alive	4 miles	Cross train	4 miles	12 miles hills (race start)	23
11	3/11-3/17	6 mile jog	TNT Workout 7	Cross @ Alive	7 miles	Cross train	6 miles	12 miles (Crisp & Green)	36
12	3/18-3/24	6 mile jog	TNT Workout 8	Cross @ Alive	8 miles	Cross train	7 miles	10 miles hills (race start)	36
13	3/25-3/31	4 mile jog	5 miles	Cross @ Alive	6 miles	Cross train	Cottonwood Glen T&H 12k*	4 miles	28
14	4/1-4/7	Off/Cross train	TNT Workout 9	Cross @ Alive	4 miles	Cross train	3 miles	5 miles (NBB)	19
15	4/8-4/14	2 mile jog	TNT Workout 10	2 mile jog	15 min jog	Cross train	15 min jog	RACE DAY	27

### NOTES

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 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.
- 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 on Wednesdays.

\*Include a one mile warm up and cool down on T & H race days.

Workout #	Workout Description
1	1 mile tempo, 6 x 30 second hill repeat @ close to max effort, 1 mile tempo. 1 mile w-u & c-d
2	1 mile tempo, 6 x 45 second hill repeat @ close to max effort, 1 mile tempo. 1 mile w-u & c-d
3	Warm up 1 mile, then 2 x 2 mile tempo @ 'comfortably hard effort' (could hold for ~60 mins); mile c-d
4	1 mile tempo, 8 x 30 second hill repeat @ close to max effort, 1 mile tempo. 1 mile w-u & c-d
5	1 mile tempo, 8 x 45 second hill repeat @ close to max effort, 1 mile tempo. 1 mile w-u & c-d
6	Warm up 1 mile, then 2 x 20 minute tempo @ 'comfortably hard effort' (could hold for ~60 mins); mile jog between; mile c-d
7	1 mile tempo, 4 x 90 second hill repeat @ close to max effort, 1 mile tempo. 1 mile w-u & c-d
8	1 mile tempo, 6 x 60 second hill repeat @ close to max effort, 1 mile tempo. 1 mile w-u & c-d
9	Warm up 1 mile, then 40 minute tempo @ 'comfortably hard effort' on rolling terrain (Bacon Strip or similar) mile c-d
10	4 mile run, with 4 x 3min @ goal HM pace