



BEGINNER RUNNING PROGRAM



| Week | Date | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday | Sunday Group | Total | |
|------|-------------|---|-------------|---------------|-------------|------------------|-------------|-----------------------------------|-------------------------|-------------|
| 0 | 12/23-12/29 | 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 | 12/30-1/5 | | | | | | | | 4 miles, KICK OFF (NBB) | 4-10 |
| 2 | 1/6-1/12 | Off/Cross train | 3 miles | Cross @ ALIVE | 3 miles | Walk/Cross Train | 3 miles | Fossil Creek Park 5k* | 13 | |
| 3 | 1/13-1/19 | Off/Cross train | 3 miles | Cross @ ALIVE | 4 miles | Walk/Cross Train | 3 miles | 4 miles hills (race start) | 14 | |
| 4 | 1/20-1/26 | Off/Cross train | 4 miles | Cross @ ALIVE | 4 miles | Walk/Cross Train | 3 miles | 5 miles (Altitude Running) | 16 | |
| 5 | 1/27-2/2 | Off/Cross train | 4 miles | Cross @ ALIVE | 4 miles | Walk/Cross Train | 3 miles | Edora Park T&H 8k* | 18 | |
| 6 | 2/3-2/9 | Off/Cross train | 3 miles | Cross @ ALIVE | 4 miles | Walk/Cross Train | OFF | 6 miles hills (race start) | 13 | |
| 7 | 2/10-2/16 | Off/Cross train | 4 miles | Cross @ ALIVE | 5 miles | Walk/Cross Train | 4 miles | 7 miles (NBB) | 20 | |
| 8 | 2/17-2/23 | Off/Cross train | 4 miles | Cross @ ALIVE | 5 miles | Walk/Cross Train | 4 miles | 8 miles hills or Bacon Strip race | 21 | |
| 9 | 2/24-3/2 | Off/Cross train | 5 miles | Cross @ ALIVE | 5 miles | Walk/Cross Train | 4 miles | Lee Martinez T&H 10k* | 22 | |
| 10 | 3/3-3/9 | Off/Cross train | 5 miles | Cross @ ALIVE | 6 miles | Walk/Cross Train | 4 miles | 10 miles hills (race start) | 25 | |
| 11 | 3/10-3/16 | Off/Cross train | 5 miles | Cross @ ALIVE | 6 miles | Walk/Cross Train | 5 miles | 12 miles (Rio Grande) | 28 | |
| 12 | 3/17-3/23 | Off/Cross train | 5 miles | Cross @ ALIVE | 6 miles | Walk/Cross Train | 4 miles | 8 miles hills (race start) | 23 | |
| 13 | 3/24-3/30 | Off/Cross train | 4 miles | Cross @ ALIVE | 6 miles | Walk/Cross Train | 4 miles | Cottonwood Glen T&H 12k* | 22 | |
| 14 | 3/31-4/6 | Off/Cross train | 3 miles | Cross @ ALIVE | 3 miles | Walk/Cross Train | 3 miles | 5 miles (NBB) | 14 | |
| 15 | 4/7-4/13 | 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 Alive on Wednesdays.

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