



INTERMEDIATE RUNNING PROGRAM



FORT COLLINS RUNNING CLUB RUNNING U

| Week | Date | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday | Sunday Group | Total |
|------|-------------|---|----------------|---------------|------------|-------------|------------|------------------------------------|-------|
| 0 | 12/23-12/29 | Run as you want. Focus on consistency to get yourself ready for the beginning of the training program | | | | | | Res Run 5k | 15-20 |
| 1 | 12/30-1/5 | | | | | | | 5 miles, KICK OFF (NBB) | 15-20 |
| 2 | 1/6-1/12 | 3 miles | 4 miles | Cross @ ALIVE | 6 miles | Cross train | 5 miles | Fossil Creek Park 5K* | 23 |
| 3 | 1/13-1/19 | 4 mile jog | TNT Workout 1 | Cross @ ALIVE | 6 miles | Cross train | 5 miles | 6 miles hills (race start) | 26 |
| 4 | 1/20-1/26 | 4 mile jog | TNT Workout 2 | Cross @ ALIVE | 6 miles | Cross train | 6 miles | 7 miles (Altitude Running) | 28 |
| 5 | 1/27-2/2 | Off/Cross train | TNT Workout 3 | Cross @ ALIVE | 6 miles | Cross train | 4 miles | Edora Park T&H 8K* | 23 |
| 6 | 2/3-2/9 | 3 mile jog | 3 miles | Cross @ ALIVE | 3 miles | Cross train | 4 miles | 8 miles hills (race start) | 21 |
| 7 | 2/10-2/16 | 5 mile jog | TNT Workout 4 | Cross @ ALIVE | 7 miles | Cross train | 6 miles | 9 miles (NBB) | 32 |
| 8 | 2/17-2/23 | 5 mile jog | TNT Workout 5 | Cross @ ALIVE | 7 miles | Cross train | 6 miles | 10 miles hills or Bacon Strip race | 33 |
| 9 | 2/24-3/2 | 5 mile jog | TNT Workout 6 | Cross @ ALIVE | 7 miles | Cross train | 6 miles | Lee Martinez T&H 10K* | 33 |
| 10 | 3/3-3/9 | Off/Cross train | 3 miles | Cross @ ALIVE | 4 miles | Cross train | 4 miles | 12 miles hills (race start) | 23 |
| 11 | 3/10-3/16 | 6 mile jog | TNT Workout 7 | Cross @ ALIVE | 7 miles | Cross train | 6 miles | 12 miles (Rio Grande) | 36 |
| 12 | 3/17-3/23 | 6 mile jog | TNT Workout 8 | Cross @ ALIVE | 8 miles | Cross train | 7 miles | 10 miles (race start) | 36 |
| 13 | 3/24-3/30 | 4 mile jog | 5 miles | Cross @ ALIVE | 6 miles | Cross train | 6 miles | Cottonwood Glen T&H 12K* | 28 |
| 14 | 3/31-4/6 | Off/Cross train | TNT Workout 9 | Cross @ ALIVE | 4 miles | Cross train | 3 miles | 5 miles (NBB) | 19 |
| 15 | 4/7-4/13 | 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

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|----|--|
| 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 simi mile c-d |
| 10 | 4 mile run, with 4 x 3min @ goal HM pace |