



# 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							<b>Res Run 5k</b>	<b>4-10</b>
1	12/30-1/5								4 miles, KICK OFF (NBB)	<b>4-10</b>
2	1/6-1/12	Off/Cross train	3 miles	Cross train	3 miles	Walk/Cross Train	3 miles	Fossil Creek Park 5k*	<b>13</b>	
3	1/13-1/19	Off/Cross train	3 miles	Cross train	4 miles	Walk/Cross Train	3 miles	4 miles hills (race start)	<b>14</b>	
4	1/20-1/26	Off/Cross train	4 miles	Cross train	4 miles	Walk/Cross Train	3 miles	5 miles (Altitude Running)	<b>16</b>	
5	1/27-2/2	Off/Cross train	4 miles	Cross train	4 miles	Walk/Cross Train	3 miles	Edora Park T&H 8k*	<b>18</b>	
6	2/3-2/9	Off/Cross train	3 miles	Cross train	4 miles	Walk/Cross Train	OFF	6 miles hills (race start)	<b>13</b>	
7	2/10-2/16	Off/Cross train	4 miles	Cross train	5 miles	Walk/Cross Train	4 miles	7 miles (NBB)	<b>20</b>	
8	2/17-2/23	Off/Cross train	4 miles	Cross train	5 miles	Walk/Cross Train	4 miles	8 miles hills or Bacon Strip race	<b>21</b>	
9	2/24-3/2	Off/Cross train	5 miles	Cross train	5 miles	Walk/Cross Train	4 miles	Lee Martinez T&H 10k*	<b>22</b>	
10	3/3-3/9	Off/Cross train	5 miles	Cross train	6 miles	Walk/Cross Train	4 miles	10 miles hills (race start)	<b>25</b>	
11	3/10-3/16	Off/Cross train	5 miles	Cross train	6 miles	Walk/Cross Train	5 miles	12 miles (Rio Grande)	<b>28</b>	
12	3/17-3/23	Off/Cross train	5 miles	Cross train	6 miles	Walk/Cross Train	4 miles	8 miles hills (race start)	<b>23</b>	
13	3/24-3/30	Off/Cross train	4 miles	Cross train	6 miles	Walk/Cross Train	4 miles	Cottonwood Glen T&H 12k*	<b>22</b>	
14	3/31-4/6	Off/Cross train	3 miles	Cross train	3 miles	Walk/Cross Train	3 miles	5 miles (NBB)	<b>14</b>	
15	4/7-4/13	Off/Cross train	30 mins jog	OFF	15 mins jog	Walk/Cross Train	15 mins jog	<b>RACE DAY</b>	<b>20</b>	

- 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.