



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 train	6 miles	Cross train	5 miles	Fossil Creek Park 5K*	23
3	1/13-1/19	4 mile jog	TNT Workout 1	Cross train	6 miles	Cross train	5 miles	6 miles hills (race start)	26
4	1/20-1/26	4 mile jog	TNT Workout 2	Cross train	6 miles	Cross train	6 miles	7 miles (Altitude Running)	28
5	1/27-2/2	Off/Cross train	TNT Workout 3	Cross train	6 miles	Cross train	4 miles	Edora Park T&H 8K*	23
6	2/3-2/9	3 mile jog	3 miles	Cross train	3 miles	Cross train	4 miles	8 miles hills (race start)	21
7	2/10-2/16	5 mile jog	TNT Workout 4	Cross train	7 miles	Cross train	6 miles	9 miles (NBB)	32
8	2/17-2/23	5 mile jog	TNT Workout 5	Cross train	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 train	7 miles	Cross train	6 miles	Lee Martinez T&H 10K*	33
10	3/3-3/9	Off/Cross train	3 miles	Cross train	4 miles	Cross train	4 miles	12 miles hills (race start)	23
11	3/10-3/16	6 mile jog	TNT Workout 7	Cross train	7 miles	Cross train	6 miles	12 miles (Rio Grande)	36
12	3/17-3/23	6 mile jog	TNT Workout 8	Cross train	8 miles	Cross train	7 miles	10 miles (race start)	36
13	3/24-3/30	4 mile jog	5 miles	Cross train	6 miles	Cross train	6 miles	Cottonwood Glen T&H 12K*	28
14	3/31-4/6	Off/Cross train	TNT Workout 9	Cross train	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.

*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 |