HORSETOOTH HALF MARATHON PRESENTED BY FORT COLLINS CONNEXION | FORT COLLINS RUNNING CLUB RUNNING U | PRESENTED BY BACHUS SCHANKER INJURY LAWYERS 970.222.2222

BEGINNER TRAINING PROGRAM

Week	Date	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday	Date	Sunday Location	Total
0	12/28-1/3	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						4 miles	1/3	KICK OFF (NBB) @ 11:00am	4-10
1	1/4-1/10							3 miles	1/10	Spring Creek Canyon 5k*	4-10
2	1/11-1/17	Off/XT	3 miles	XT @ RAC	3 miles	Walk/XT	3 miles	4 miles	1/17	Maxwell race start @ 7:45am	13
3	1/18-1/24	Off/XT	3 miles	XT @ RAC	4 miles	Walk/XT	3 miles	5 miles	1/24	Altitude/RAC @ 9:00am	15
4	1/25-1/31	Off/XT	4 miles	XT @ RAC	4 miles	Walk/XT	3 miles	5 miles	1/31	Maxwell race start @ 7:45am	16
5	2/1-2/7	Off/XT	4 miles	XT @ RAC	4 miles	Walk/XT	3 miles	5 miles	2/7	Edora Park T&H 8k*	17
6	2/8-2/14	Off/XT	3 miles	XT @ RAC	4 miles	Walk/XT	OFF	7 miles	2/14	NBB @ 10:00am	14
7	2/15-2/21	Off/XT	4 miles	XT @ RAC	5 miles	Walk/XT	4 miles	8 miles	2/21	Race start or Bacon Strip race	21-23
8	2/22-2/28	Off/XT	4 miles	XT @ RAC	5 miles	Walk/XT	4 miles	8 miles	2/28	Maxwell race start @ 7:45am	21
9	3/1-3/7	Off/XT	5 miles	XT @ RAC	5 miles	Walk/XT	4 miles	6 miles	3/7	Lee Martinez T&H 10k*	20
10	3/8-3/14	Off/XT	5 miles	XT @ RAC	6 miles	Walk/XT	4 miles	9 miles	3/14	Altitude/RAC @ 9:00am	24
11	3/15-3/21	Off/XT	5 miles	XT @ RAC	6 miles	Walk/XT	5 miles	9-10	3/21	Lee Martinez (hills) @ 7:45am	25-26
12	3/22-3/28	Off/XT	5 miles	XT @ RAC	6 miles	Walk/XT	4 miles	7 miles	3/28	Maxwell race start @ 7:45am	22
13	3/29-4/4	Off/XT	4 miles	XT @ RAC	6 miles	Walk/XT	4 miles	7 miles	4/4	Cottonwood Glen T&H 12k*	21
14	4/5-4/11	Off/XT	3 miles	XT @ RAC	3 miles	Walk/XT	3 miles	5 miles	4/11	NBB @ 11:00am	14
15	4/12-4/18	Off/XT	30 mins jog	OFF	15 mins jog	Walk/XT	15 mins jog	13.1 miles	4/18	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 & 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.
- XT (crosstraining) 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 Raintree Athletic Club (RAC) on Wednesdays.
- Before and after T&H races, try to warm up and cool down with an easy mile or two.