HORSETOOTH HALF MARATHON PRESENTED BY FORT COLLINS connexion

FORT COLLINS RUNNING CLUB RUNNING U

PRESENTED BY BACHUS SCHANKER INJURY LAWYERS 970.222.2222

INTERMEDIATE TRAINING PROGRAM

Week	Date	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday	Date	Sunday Location	Total
0	12/28-1/3	Run as you want. Focus on consistency to get yourself ready for the beginning of the training program						4 miles	1/3	KICK OFF (NBB) @ 11:00am	15-20
1	1/4-1/10							3 miles	1/10	Spring Creek Canyon 5k*	15-20
2	1/11-1/17	3 miles	4 miles	XT @ RAC	6 miles	XT	5 miles	4 miles	1/17	Maxwell race start @ 7:45am	22
3	1/18-1/24	4 mile jog	TNT Workout 1	XT @ RAC	6 miles	XT	5 miles	5 miles	1/24	Altitude/RAC @ 9:00am	25
4	1/25-1/31	4 mile jog	TNT Workout 2	XT @ RAC	6 miles	XT	6 miles	5 miles	1/31	Maxwell race start @ 7:45am	26
5	2/1-2/7	Off/XT	TNT Workout 3	XT @ RAC	6 miles	XT	4 miles	5 miles	2/7	Edora Park T&H 8k*	20
6	2/8-2/14	3 mile jog	3 miles	XT @ RAC	3 miles	XT	4 miles	7 miles	2/14	NBB @ 10:00am	20
7	2/15-2/21	5 mile jog	TNT Workout 4	XT @ RAC	7 miles	XT	6 miles	8-10	2/21	Race start or Bacon Strip race	31-33
8	2/22-2/28	5 mile jog	TNT Workout 5	XT @ RAC	7 miles	XT	6 miles	8 miles	2/28	Maxwell race start @ 7:45am	31
9	3/1-3/7	5 mile jog	TNT Workout 6	XT @ RAC	7 miles	XT	6 miles	6 miles	3/7	Lee Martinez T&H 10k*	29
10	3/8-3/14	Off/XT	3 miles	XT @ RAC	4 miles	XT	4 miles	9-10	3/14	Altitude/RAC @ 9:00am	20-21
11	3/15-3/21	6 mile jog	TNT Workout 7	XT @ RAC	7 miles	XT	6 miles	10-12	3/21	Lee Martinez (hills) @ 7:45am	34-36
12	3/22-3/28	6 mile jog	TNT Workout 8	XT @ RAC	8 miles	XT	7 miles	12 miles	3/28	Maxwell race start @ 7:45am	38
13	3/29-4/4	4 mile jog	5 miles	XT @ RAC	6 miles	XT	6 miles	7 miles	4/4	Cottonwood Glen T&H 12k*	28
14	4/5-4/11	Off/XT	TNT Workout 9	XT @ RAC	4 miles	XT	3 miles	5 miles	4/11	NBB @ 11:00am	18
15	4/12-4/18	2 mile jog	TNT Workout 10	2 mile jog	15 min jog	XT	15 min jog	13.1 miles	4/18	RACE DAY	23

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 (TNT) group will be meeting Tuesdays at 6:00pm 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.
- Crosstraining (XT) 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 Raintree Athletic Club (RAC) on Wednesdays.
- Include a one mile warm up and cool down on T & H race days.

Workout #	Workout Description
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 similar); mile c-d
10	4 mile run, with 4 x 3min @ goal HM pace