



Monday September 2, 2013

Highlands Ranch Half Marathon

"Beginner PR"

I am a distance runner. I've been trained to keep going, even when it's hard. When it hurts. When it sucks. When I don't want to. I look past it. Relentless forward progress to the finish. Call it what you want: stubbornness, endurance, determination, guts. Deep down, I don't know how to give up.

Week Beginning	Weeks In	Weeks To Go	Mon	Tue	Wed	Thur	Fri	Sat	Sun
6/10/2013	1	12	3 Miles	2 Miles or Cross-Train or Rest	3 Miles	4 Miles	Rest	4 Miles	2 Miles or Cross-Train or Rest
6/17/2013	2	11	3 Miles	2 Miles or Cross-Train or Rest	3 Miles	4 Miles	Rest	5 Miles	2 Miles or Cross-Train or Rest
6/24/2013	3	10	3 Miles	2 Miles or Cross-Train or Rest	1 Mile easy, 1 Mile at 1/2 Marathon Goal Pace, 1 Mile easy	4 Miles	Rest	6 Miles	2 Miles or Cross-Train or Rest
7/1/2013	4	9	3 Miles	2 Miles or Cross-Train or Rest	2 Miles easy, 1 Mile at Goal Pace, 1 Mile easy	4 Miles (Happy 4th!)	Rest	3 Mile Time Trial	2 Miles or Cross-Train or Rest
7/8/2013	5	8	4 Miles	2 Miles or Cross-Train or Rest	1 Mile easy, 2 Miles at Goal Pace, 1 Mile easy	5 Miles	Rest	6 Miles	2 Miles or Cross-Train or Rest
7/15/2013	6	7	4 Miles	2 Miles or Cross-Train or Rest	1 Mile easy, 2 Miles at Goal Pace, 1 Mile easy	5 Miles	Rest	8 Miles	2 Miles or Cross-Train or Rest
7/22/2013	7	6	4 Miles	2 Miles or Cross-Train or Rest	1 Mile easy, 3 Miles at Goal Pace, 1 Mile easy	5 Miles	Rest	10 Miles	2 Miles or Cross-Train or Rest
7/29/2013	8	5	4 Miles	3 Miles or Cross-Train or Rest	2 Miles easy, 1 Mile at Goal Pace, 1 Mile easy	5 Miles	Rest	6 Mile Time Trial	3 Miles or Cross-Train or Rest
8/5/2013	9	4	4 Miles	3 Miles or Cross-Train or Rest	1 Mile easy, 3 Miles at Goal Pace, 1 Mile easy	6 Miles	Rest	10 Miles with last 10 minutes hard	3 Miles or Cross-Train or Rest
8/12/2013	10	3	5 Miles	3 Miles or Cross-Train or Rest	1 Mile easy, 4 Miles at Goal Pace, 1 Mile easy	6 Miles	Rest	12 Miles	3 Miles or Cross-Train or Rest
8/19/2013	11	2	5 Miles	3 Miles or Cross-Train or Rest	1 Mile easy, 5 Miles at Goal Pace, 1 Mile easy	6 Miles	Rest	8 Miles with last 20 minutes hard	3 Miles or Cross-Train or Rest
8/26/2013	12	1	4 Miles	2 Miles or Cross-Train or Rest	1 Mile easy, 2 Miles at Goal Pace, 1 Mile easy	4 Miles	Rest	2 Miles	Rest

9/2/2013

Race

Race

Highlands Ranch 1/2
Marathon Race Day!

Prepared by Phillip Buckley of the Highlands Ranch Running Club