



Monday September 2, 2013

Highlands Ranch Half Marathon

"Personal Best"

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	6 Miles	4 Miles, Cross-Train or Rest	2 Miles easy, 5 X 30 Second fartleks at 5K pace with 1 minute easy between, 2 Miles easy	4 Miles	Rest	8 Miles	4 Miles, Cross-Train or Rest
6/17/2013	2	11	6 Miles	4 Miles, Cross-Train or Rest	2 Miles easy, 10 X 30 Second fartleks at 5K pace with 1 minute easy between, 2 Miles easy	4 Miles	Rest	10 Miles	4 Miles, Cross-Train or Rest
6/24/2013	3	10	8 Miles	4 Miles with 4 X 8 Second Up Hill Strides, Cross- Train or Rest	2 Miles easy, 5 X 1 minute fartleks at 5K pace with 1 minute easy between, 2 Miles easy	4 Miles	Rest	10 Miles with last 10 minutes hard	4 Miles, Cross-Train or Rest
7/1/2013	4	9	8 Miles (Hills)	4 Miles with 4 X 8 Second Up Hill Strides, Cross- Train or Rest	2 Miles easy, 10 X 1 Minute fartleks at 10K pace with 1 minute easy between, 2 Miles easy	6 Miles (Happy 4th!)	Rest	1 Miles easy, 3 Mile Time Trial, 1 Mile Easy	4 Miles, Cross-Train or Rest
7/8/2013	5	8	2 Miles easy, 5 X 2 Minute fartleks at 10K pace with 2 minutes easy between, 2 Miles easy (Hills)	4 Miles with 4 X 8 Second Up Hill Strides, Cross- Train or Rest	2 Miles easy, 2 Miles at 1/2 Marathon Goal Pace, 2 Miles easy	6 Miles	Rest	12 Miles	4 Miles, Cross-Train or Rest
7/15/2013	6	7	2 Miles easy, 15 X 1 Minute fartleks at 10K pace with 1 minute easy between, 2 Miles easy (Hills)	6 Miles with 6 X 8 Second Up Hill Strides, Cross- Train or Rest	2 Miles easy, 2 X 1 Mile at 10K Pace with 3 minute active recovery between, 2 Miles easy	6 Miles	Rest	10 Miles with last 15 minutes hard	6 Miles, Cross-Train or Rest

7/22/2013	7	6	2 Miles easy, fartleks of 5 min, 4 min, 3 min, 2 min, 1 min with 2 min easy between, 2 Miles easy (Hills)	6 Miles with 6 X 8 Second Up Hill Strides, Cross- Train or Rest	2 Miles easy, 3 Miles at 1/2 Marathon Goal Pace, 2 Miles easy	8 Miles	Rest	12 Miles	6 Miles, Cross-Train or Rest
7/29/2013	8	5	2 Miles easy, 3 X 1 Mile at 10K Pace with 3 minute active recovery between, 2 Miles easy	4 Miles with 4 X 8 Second Up Hill Strides, Cross- Train or Rest	2 Miles easy, 10 X 1 Minute fartleks at 10K pace with 1 minute easy between, 2 Miles easy	6 Miles	Rest	1 Miles easy, 6 Mile Time Trial, 1 Mile easy	6 Miles, Cross-Train or Rest
8/5/2013	9	4	6 Miles	6 Miles with 6 X 8 Second Up Hill Strides, Cross- Train or Rest	2 Miles easy, 4 Miles at 1/2 Marathon Goal Pace, 2 Miles easy	8 Miles	Rest	12 Miles with last 15 minutes hard	6 Miles, Cross-Train or Rest
8/12/2013	10	3	2 Miles easy. 2 Sets of (1 Mile at 1/2 Marathon Goal Pace, 1/2 Mile at 10K Pace, 1/4 Mile at 5K Pace with 3 minute active recovery), 2 Miles easy. (Hills)	6 Miles with 6 X 8 Second Up Hill Strides, Cross- Train or Rest	2 Miles easy, 4 X 1 Mile at 10K Pace with 3 minute active recovery between, 1 Mile easy	8 Miles	Rest	12 Miles with last 20 minutes hard	6 Miles, Cross-Train or Rest
8/19/2013	11	2	2 Miles easy, 2 Miles at 1/2 Marathon Goal Pace, 1 Mile at 10K Pace, 1/2 Mile at 5K pace, 2 Miles easy. All with 3 minute active recovery (Hills)	6 Miles with 6 X 8 Second Up Hill Strides, Cross- Train or Rest	2 Miles easy, 5 Miles at 1/2 Marathon Goal Pace, 2 Miles easy	8 Miles	Rest	8 Miles with last 20 minutes hard	4 Miles, Cross-Train or Rest
8/26/2013	12	1	2 Miles easy, 10 X 1 Minute fartleks at 10K pace with 1 minute easy between, 2 Miles easy	4 Miles	1 Mile easy, 2 X 2 Miles at 1/2 Marathon Goal Pace with 2 minute recovery, 1 Mile Easy	4 Miles	Rest	3 Miles with 4 X 20 Second Strides at 5K Pace	Rest
9/2/2013	Race	Race	Highlands Ranch 1/2 Marathon Race Day!						

Prepared by Phillip Buckley of the Highlands Ranch Running Club