



Monday September 2, 2013

Highlands Ranch Half Marathon

"Working Professional 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	4 Miles	Rest	4 Miles	3 Miles, Cross-Train or Rest	Rest	6 Miles	3 Miles, Cross-Train or Rest
6/17/2013	2	11	4 Miles	Rest	4 Miles	3 Miles, Cross-Train or Rest	Rest	6 Miles	3 Miles, Cross-Train or Rest
6/24/2013	3	10	4 Miles	Rest	1 Mile easy, 2 Miles at 1/2 Marathon Goal Pace, 1 Mile easy	3 Miles, Cross-Train or Rest	Rest	8 Miles	3 Miles, Cross-Train or Rest
7/1/2013	4	9	4 Miles (Hills)	Rest	2 Miles easy, 1 Mile at Goal Pace, 1 Mile Faster than Goal Pace, 1 Mile easy	4 Miles, Cross-Train or Rest (Happy Independence Day!)	Rest	3 Mile Time Trial	4 Miles, Cross-Train or Rest
7/8/2013	5	8	5 Miles (Hills)	Rest	2 Miles easy, 2 Miles at Goal Pace, 2 Miles easy	4 Miles, Cross-Train or Rest	Rest	8 Miles	4 Miles, Cross-Train or Rest
7/15/2013	6	7	5 Miles (Hills)	Rest	2 Miles easy, 3 Miles at Goal Pace, 2 Miles easy	4 Miles, Cross-Train or Rest	Rest	10 Miles	4 Miles, Cross-Train or Rest
7/22/2013	7	6	5 Miles (Hills)	Rest	2 Miles easy, 3 Miles at Goal Pace, 2 Miles easy	4 Miles, Cross-Train or Rest	Rest	10 Miles with last 10 minutes hard	4 Miles, Cross-Train or Rest
7/29/2013	8	5	5 Miles (Hills)	Rest	2 Miles easy, 1 Mile at Goal Pace, 1 Mile Faster than Goal Pace, 2 Miles easy	Cross-Train or Rest	Rest	6 Mile Time Trial	Cross-Train or Rest
8/5/2013	9	4	6 Miles	Rest	2 Miles easy, 4 Miles at Goal Pace, 1 Mile easy	5 Miles, Cross-Train or Rest	Rest	10 Miles with last 10 minutes hard	5 Miles, Cross-Train or Rest
8/12/2013	10	3	6 Miles (Hills)	Rest	2 Miles easy, 4 Miles at Goal Pace, 2 Miles easy	5 Miles, Cross-Train or Rest	Rest	12 Miles with last 10 minutes hard	5 Miles, Cross-Train or Rest

8/19/2013	11	2	6 Miles (Hills)	Rest	2 Miles easy, 5 Miles at Goal Pace, 1 Mile easy	5 Miles, Cross-Train or Rest	Rest	8 Miles with last 20 minutes hard	5 Miles, Cross-Train or Rest
8/26/2013	12	1	4 Miles	Rest	1 Mile easy, 2 Miles at Goal Pace, 1 Mile easy	4 Miles, Cross-Train or Rest	Rest	2 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