



# Utepils Trail Loppet Half Half Training Plan

		Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
July 22	Week 1	Rest	Walk 1 mile	Run 1 mile	Walk 1 mile	Rest	Run 1 mile	Hike 1 mile
July 29	Week 2	Rest	Walk 2 miles	Run 2 miles	Walk 2 miles	Rest	Run 3 miles	Hike 1 mile
Aug 5	Week 3	Rest	Walk 3 miles	Run 2 miles	Run 2 miles	Rest	Run 4 miles	Hike 2 miles
Aug 12	Week 4	Rest	Run 2 miles	Run 3 miles	Run 2 miles	Rest	Run 3 miles	Hike 1 mile
Aug 19	Week 5	Rest	Run 2 miles	Run 4 miles	Run 2 miles	Rest	Run 6 miles	Hike 2 miles
Aug 26	Week 6	Rest	Run 2 miles	Run 3 miles	Run 2 miles	Rest	Run 5 miles	Hike 1 mile
Sept 2	Week 7	Rest	Run 2 miles	Run 3 miles	Run 1 mile	Rest	Run 3 miles	Rest
Race Week!	Week 8	Rest	Run 2 miles	Run 1 mile	Run 1 mile	Rest	Walk 1 mile	6.5!

## Optional Training Tips:

- Do a hill workout every other week, like 10 hills x 1 minute.
- Incorporate injury prevention strength training and stretching.
- Run on trails at least once a week.
- Consider joining free trail running training groups like PRG on Tuesday nights and Theo Loopers on Saturday mornings.

**Replace Sunday hike with cross-training for variety.**

**Race Day:  
Sunday, September 15**

