



UTEPILS TRAIL LOPPET HALF HALF TRAINING PLAN

POWERED BY PERFORMANCE RUNNING GYM



		Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
July 28	Week 1	Rest	Walk 1 mile	Run 1 mile	Walk 1 mile	Rest	Run 1 mile	Hike 1 mile
Aug 4	Week 2	Rest	Walk 2 miles	Run 2 miles	Walk 2 miles	Rest	Run 3 miles	Hike 1 mile
Aug 11	Week 3	Rest	Walk 3 miles	Run 2 miles	Run 2 miles	Rest	Run 4 miles	Hike 2 miles
Aug 18	Week 4	Rest	Run 2 miles	Run 3 miles	Run 2 miles	Rest	Run 3 miles	Hike 1 mile
Aug 25	Week 5	Rest	Run 2 miles	Run 4 miles	Run 2 miles	Rest	Run 6 miles	Hike 2 miles
Sept 1	Week 6	Rest	Run 2 miles	Run 3 miles	Run 2 miles	Rest	Run 5 miles	Hike 1 mile
Sept 8	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:

- Perform a hill workout weekly - such as 10 x 60 sec hill repeats.
- Incorporate strength training and mobility work 2-3x/wk to prevent injury.
- Aim to get 1-2 runs on trails every week.
- Replace Sunday hike with cross-training for variety.
- Consider joining free trail running training groups like PRG on Tuesday nights and Theo Loopers on Saturday mornings.

