



# UTEPILS TRAIL LOPPET HALF MARATHON TRAINING PLAN

POWERED BY PERFORMANCE RUNNING GYM



		Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
July 14	Week 1	Rest	3 miles	3 miles	3 miles	Rest	4 miles	Hike 2
July 21	Week 2	Rest	3 miles	4 miles	3 miles	Rest	5 miles	Hike 2
July 28	Week 3	Rest	3 miles	4 miles	3 miles	Rest	6 miles	Hike 3
Aug 4	Week 4	Rest	3 miles	5 miles	3 miles	Rest	8 miles	Hike 3
Aug 11	Week 5	Rest	3 miles	5 miles	3 miles	Rest	10 miles	Hike 4
Aug 18	Week 6	Rest	4 miles	5 miles	4 miles	Rest	11 miles	Hike 4
Aug 25	Week 7	Rest	4 miles	6 miles	4 miles	Rest	12 miles	Hike 4
Sept 1	Week 8	Rest	4 miles	5 miles	4 miles	Rest	9 miles	Hike 3
Sept 8	Week 9	Rest	3 miles	4 miles	3 miles	Rest	8 miles	Hike 2
Race Week!	Week 10	Rest	3 miles	3 miles	2 miles	Rest	Walk 2	13.1!

## 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.

