



Utepils Trail Loppet Half Marathon Training Plan

		Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
July 8	Week 1	Rest	3 miles	3 miles	3 miles	Rest	4 miles	Hike 2
July 15	Week 2	Rest	3 miles	4 miles	3 miles	Rest	5 miles	Hike 2
July 22	Week 3	Rest	3 miles	4 miles	3 miles	Rest	6 miles	Hike 3
July 29	Week 4	Rest	3 miles	5 miles	3 miles	Rest	8 miles	Hike 3
Aug 5	Week 5	Rest	3 miles	5 miles	3 miles	Rest	10 miles	Hike 4
Aug 12	Week 6	Rest	4 miles	5 miles	4 miles	Rest	11 miles	Hike 4
Aug 19	Week 7	Rest	4 miles	6 miles	4 miles	Rest	12 miles	Hike 4
Aug 26	Week 8	Rest	4 miles	5 miles	4 miles	Rest	9 miles	Hike 3
Sept 2	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.!

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**