

Kansas City Half Marathon

Level II Schedule (12 week)

Goal: To finish the half marathon within a certain time.

Recommended Background: Average weekly base of 12-30 miles in last 3 weeks

At least one 4-10 mile run

PHASE	DATES	SUN	MONDAY	TUESDAY	WED	THURSDAY	FRI	SATURDAY	MILEAGE
STRENGTH	-----	C/O	C + R	SL	C + R	HR+ St	C/O	L/G	-----
	July 30 - August 5		3 - 5	4 - 7F (3 - 6)	2 - 4	4 - 7HR (3 - 6)		6 - 12G (4 - 1 - 1/7)	14 - 35
	August 6 - 12		3 - 5	4 - 7F (4 - 8)	2 - 4	4 - 7HR (4 - 8)		7 - 10G (4/7 - 2 - 1)	15 - 33
	August 13 - 19		3 - 5	5 - 8F (5 - 10)	2 - 5	5 - 8HR (5 - 10)		8 - 14G (4 - 3 - 1/7)	18 - 40
<i>RECOVERY</i>	August 20 - 26		2 - 3	3 - 6R + St	C/O	3 - 6R + St		6 - 10	12 - 25
	August 27 - September 2		3 - 6	5 - 8F (6 - 12)	3 - 5	5 - 8HR (6 - 12)		8 - 16G (3 - 4 - 1/9)	18 - 43
SPEED	-----	C/O	C + R	S + St	C + R	T/H + St	C/O	L/G	-----
	September 3 - 9		3 - 6	5 - 8S 6 - 8x400	3 - 5	5 - 8T 2x1 mi		9 - 12G (3/6 - 5 - 1)	19 - 39
	September 10 - 16		3 - 6	6 - 8S 5 - 7x800	3 - 5	6 - 8HR (8 - 16)		10 - 18G (3 - 6 - 1/9)	22 - 45
<i>RECOVERY</i>	September 17 - 23		2 - 4	4 - 6R + St	2 - 3	4 - 6R + St		8 - 12	16 - 31
	September 24 - 30		3 - 6	6 - 8S 8 - 10x400	3 - 5	6 - 8T 2X1.5 mi		12 - 16G (3/7 - 7 - 2)	24 - 43
	October 1 - 7		3 - 5	6 - 7S 6 - 8x800	3 - 4	6 - 7HR (6 - 12)		10 - 12G (4/6 - 5 - 1)	22 - 35
PEAK	-----	0	C + R	G + St	C/O	T/R	0	SL/G	-----
	October 8 - 14		3 - 4	5 - 6G (2-2-0.5)		5T (2 - 2 - 1)		8G (4 - 3 - 1)	18 - 23
	October 15 - 21		2 - 3	4 - 5G (2-1-0.5)		2 - 3R		KC HALF	6 - 11

Please Note:

- Can run 3 to 5 days a week. Tuesdays/Thursdays/Saturdays are the most important workouts to do.
- Do a couple of tune up races to gain valuable race experience while they'll provide the best overall speed workout. Base your tempo and speed workout pace on your 5K race pace or do a 2 mile time trial to determine this.
- Recovery weeks are built in to improve your chances for staying healthy and recover enough for race day.

Key Terms

0 = Off Day/Complete Rest/ No cross training. Active recovery such as foam rolling recommended.

C = Cross training. Strength training that works the glutes/hipa/core is recommended 1-3 times a week. Can also do non-weight bearing aerobic activities that you enjoy such as aqua jogging, swimming, or spinning.

R = Recovery Workout. Very relaxed effort over flat to rolling terrain or off the pavement for short duration. Stop every 10 minutes during the run to stretch and muscle floss to loosen up tight spots. Have fun!

L = Long Workout. After a 2 mile warm up (very relaxed effort), settle into conversation effort.

F = Fartlek. 4-7F (3-6) means to warm up 15 minutes, perform 3-6 pickups where you run at sub 5K race effort for 1 minute followed by a 2 minute recovery jog after each and cool down for a total of 4-7 miles.

HR = Hill Repeats. 4-7HR (3-6) means warm up a few miles and then perform 3-6 minutes of pickups on a hill where you run at 5K-10K effort for 30-60 seconds followed by a recovery jog/walk back down. 1/2 mile cool down.

G = Goal Pace Workout. 6-12G (4-1-1/7) means to warm up and settle in for 4 miles, 1 mile at half marathon goal pace, 1 mile cool down or recovery mile with up to 6 additional miles at long run pace depending on your mileage. On warm days, can alternate 1-2 goal pace miles with a recovery mile to cool off and maintain the quality.

T = Tempo Workout. 5-8T 2x1 Mile means a track workout of two 1 mile repeats at 10K pace or 20 seconds slower than 5K pace with a 1-3 minute recovery jog in between. With a 15-30 minute warm up and 5 minute cool down, distance is 5-8 miles.

S = Speed Workout. 5-8: 6-8X400 means a track workout of six to eight 400 meter repeats at 1 mile race pace or 30-40 seconds per mile faster than 5K pace with a recovery lap after each repeat. Do 800 meter repeats at 5K pace with a 1 lap recovery jog. With a 15-30 minute warm up & striders and 5-10 minute cool down, total mileage is 5-8 miles.

St = Striders. 4-6 pickups > run at sub 1 mile race effort for 20 seconds followed by a 40 second recovery jog

+ = And Optional. C+R means to cross train with the option of also doing a recovery workout.

/ = Or. C/O means to either cross train or take the day off.