

Kansas City Marathon

Level I Schedule (12 week)

Goal: To finish the marathon

Recommended Background: Average weekly base of 15-35 miles in last 3 weeks

At least one 6-14 mile run

PHASE	DATES	SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	MILEAGE
ENDURANCE	-----	O	C + R	SL	C/R/O	R	C/O	L	-----
	July 30 - August 5		3 - 4	4 - 6	3 - 4	3 - 5		8 - 16	15 - 35
	August 6 - 12		3 - 4	4 - 6	3 - 4	3 - 5		10 - 12	17 - 31
	August 13- 19		3 - 5	5 - 7	3 - 4	4 - 6		12 - 18	21 - 40
	August 20 - 26		2 - 3	3 - 5R	C/O	3 - 4R		18 - 12	14 - 24
<i>RECOVERY</i>	August 27 - September 2		3 - 5	5 - 7	3 - 4	4 - 6		14 - 20	23 - 42
STRENGTH	-----	O	C + R	SL + F	C/R/O	H	C/O	L	-----
	September 3 - 9		3 - 6	6 - 8	3 - 5	5 - 7		12 - 14	23 - 40
	September 10 - 16		3 - 6	6 - 8	3 - 5	5 - 7		16 - 22	27 - 48
<i>RECOVERY</i>	September 17 -23		2 - 4	3 - 6R	C/O	3 - 5R		10 - 12	16 - 27
	September 24 -30		3 - 6	6 - 8	3 - 5	5 - 7		16 - 20	27 - 46
	October 1 -7		3 - 5	5 - 7	3 - 4	5 - 7		12 - 14	21 - 36
TAPER	-----	O	R/O	R	C/O	R	O	SL	-----
	October 8-14		3 - 4	4 - 6		3 - 5		8 - 10	15 - 25
	October 15 -21		2 - 3	3 - 5		2 - 3		KCM	5 - 11

Please Note:

- You can add 10-30 minutes of a warm up walk to any workout under 3 miles. Try to mix walking breaks into the run – going the distance is your main objective. A good strategy is to run 3-10 minutes, walk 1 minute
- You can run 3 or 4 days a week. Pick up where you've left off and you'll do fine.
- Do a couple of tune up races before the half marathon to gain valuable race experience.
- Recovery weeks are built in to improve your chances for staying healthy and recover enough for race day.

Quick Reference Guide

Endurance Phase: main goal is to slowly build up endurance. Avoid speed work / very little hills.

Strength Phase: to add strength by doing one hilly course a week.

Taper Phase: to allow your body to recover and peak for the target race.

Key Terms

O = 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!

SL = Semi-long Workout. After a 1-2 mile warm up (very relaxed effort), settle into conversation effort.

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

H = Hill Workout. After 1-2 mile warm up, do a hillier than average route at conversation effort or for a more concentrated workout, do hill repeats. Start with 2-4 minutes of 'climb' time and add 1-2 minutes each week.

F = Fartlek. After you've warmed up, perform pickups during the workout where you run at 5K-10K race effort (i.e. moderately hard) for 1 minute followed by a 2 minute recovery jog. Start with 2-4 and add 1 every week.

+ = 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.