

## Kansas City Half Marathon

### Level II Schedule

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

**Recommended Background:** Average weekly base of 15-30 miles in the last 3 weeks

At least one 5 to 10 mile run

Phase	Dates	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Mileage
<b>Strength</b>	-----	<b>C/O</b>	<b>C+R</b>	<b>H</b>	<b>C+R</b>	<b>G</b>	<b>C/O</b>	<b>L/G</b>	-----
	June 5-11		3-4	4-5	2-4	4-5		6-12	14-30
	June 12-18		3-4	4-6	2-4	4-5 (2/3-1-1)		7-10	15-29
	June 19-25		3-5	4-6	2-4	4-6 (2/4-1-1)		8-14	16-35
Recovery	June 26 to July 2		2-3	3-5	C/O	3-5SL		8-12	14-25
	July 3-9		Freedom 5K	5-6SL	3-4	5-6 (2/3-2-1)		10-16	25-37
	July 10-16		3-5	5-7	3-5	5-7 (2/4-2-1)		8-12G(3/7-2-3)	18-36
	July 17-23		3-6	5-7	3-5	6-7 (2/3-3-1)		12-18	23-43
Recovery	July 24-30		3-4	4-5R	C/O	4-5SL		10-12G(4/6-3-3)	18-26
<b>Speed</b>	-----	<b>C/O</b>	<b>C+R</b>	<b>S/T</b>	<b>C+R</b>	<b>G/H/T</b>	<b>C/O</b>	<b>L/G</b>	-----
	July 31-August 6		4-6	6S 5X800	3-5	6-8T(3/5-2-1)		12-14G(5/7-4-3)	24-39
	August 7-13	Cure 5K	4-6/O	7-8SL	3-5	6-8G(2/4-3-1)		14-18	27-45
Recovery	August 14-20		3-4	7S 6X800	2-3	4-5SL		10-14G(3/7-5-2)	21-33
	August 21-27		4-7	8S 7X800	3-6	7-8G(2/3-4-1)		16-20	31-49
	Aug. 29 to Sept. 3		4-7	8T(4-3-1)	3-6	7-9H		12-14G(4/6-6-2)	27-44
	September 4-10		Labor 5K	7-8SL	3-6	7-9G(2/4-4-1)		16-20	35-49
Recovery	September 11-17		3-5	8S 8X800	2-4	5-6SL		12-14G(4/6-7-1)	25-37
	September 18-24		4-7	8S 7X800	3-6	7-8H		16-18G(10-3-3/5)	31-47
	Sept. 25 to Oct. 1		4-6	7S 6X800	3-5	6-7T(2/3-3-1)		12G (5-5-2)	25-37
<b>Taper</b>	-----	<b>O</b>	<b>R/O</b>	<b>SL/G</b>	<b>R/O</b>	<b>G/R</b>	<b>O</b>	<b>SL/G</b>	-----
	October 2-8	Centerpt. 5K	3-5/O	6SL	3-4	5G(2-2-1)		8G (4-3-1)	19-28
	October 9-15		3-4	5G (2-2-1)	O	3-4R		KC ½	8-13

**Please Note:**

-Can run 3 to 5 days a week. Tuesdays/Thursdays/Saturdays are the most important workouts to do. Pick up where you've left off and you'll do fine.

-It's important to do a couple of tune up races before the half marathon to gain valuable race experience while they'll provide the best overall speed workout. Some options include the Race for the Cure 5K and the Labor Day 5K. 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 make sure you stay healthy and fresh enough for race day.

### Key Terms

**O = Off Day/Complete Rest/ No cross training.** Active recovery such as self massage recommended.

**C = Cross training.** Resistance training and/or non-weight bearing aerobic activities such as aqua jogging, swimming, or spinning recommended. Be sure to perform them at conversation effort for 20-40 minutes.

**R = Recovery Workout.** Very relaxed effort over flat terrain (track / trail or walk hills on favorite route) for short duration followed by extensive stretching routine to loosen up tight spots. Have fun!

**SL = Semi-long Workout.** After a 2 mile warm up, run 45-90 seconds per mile slower than half marathon goal pace.

**L = Long Workout.** After a 2 mile warm up, run 1-2 minutes per mile slower than half marathon goal pace.

**H = Hill Workout.** After a 2 mile warm up, push hills at 10K race effort and recover on the rest of a hilly route.

**G = Goal Pace Workout.** 8G (5-2-1) means easy for 5 miles, 2 miles at half marathon goal pace, 1 mile cool down.

**T = Tempo Workout.** 6-8T (3/5-2-1) is easy for 3-5 miles, 2 miles at 30 seconds slower than 5K pace, 1 mile cool down

**S = Speed Workout.** 7SF: 6X800 means to perform a track workout of six 800 meter repeats at 10 seconds faster than 5K race pace with a recovery lap after each repeat. With a 15 minute warm up and 5 minute cool down, total mileage is 7 miles.

**+ = And Optional.** C+R means to cross train with the option of adding a recovery run

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