

Kansas City Half Marathon

Level I Schedule

Goal: To finish the half marathon

Recommended Background: Average weekly base of 7-15 miles in last 3 weeks

At least one 2-3 mile workout

Phase	Dates	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Mileage
Endurance	-----	O	C+R	SL	C/R/O	R	C/O	L	-----
	June 5-11		1-2	3-4	1-2	2-3		3-4	8-15
	June 12-18		1-2	3-4	1-2	2-3		3-5	8-16
	June 19-25		2-3	3-4	2	2-3		4-6	9-18
Recovery	June 26 to July 2		C/O	3	O	2		4-5	9-10
	July 3-9		2-3	4-5	2-3	3-4		5-7	12-22
	July 10-16		2-3	4-5	2-3	3-4		5-8	12-23
Recovery	July 17-23		C/O	3	O	3		6-7	12-13
	July 24-30		3	4-5	2-3	3-4		6-8	13-23
	July 31-August 6		3-4	5-6	2-3	4-5		7-9	16-27
Recovery	August 7-13	Cure 5K	C/O	4	C/O	3		7-8	14-19
	August 14-20		3-4	5-6	3	4-5		8-10	17-28
Strength	-----	O	C+R	SL	C/R/O	H	C/O	L	-----
	August 21-27		3-4	5-6	3-4	4-5		8-10	17-29
	Aug. 29 to Sept. 3		3-4	5-6	3-4	4-5		10-12	19-31
Recovery	September 4-10		Labor 5K	4R	C/O	4		8-10	16-22
	September 11-17		3-5	6-7	3-4	5-6		12-14	23-36
	September 18-24		3-5	6-7	3-4	5-6		8-10	19-32
	Sept. 25 to Oct. 1		3-4	6-7	3	5-6		10-12	21-32
Taper	-----	O	R/O	R	O	R	O	SL	-----
	October 2-8		3	5-6		4-5		8	17-22
	October 9-15		3	4-5		3-4		KC 1/2	7-12

Please Note:

-Can run 3, 4, or 5 days a week. 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 get used to dealing with race day nerves. Some options include Race for the Cure 5K and the Labor Day 5K.

-Recovery weeks are built in to make sure you stay healthy and fresh enough for race day.

Quick Reference Guide

Training Phases

-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 rejuvenate for the target race.

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 2 mile warm up (very relaxed effort), settle into conversation effort.

L = Long Workout. After 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.

+ = 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.