

Kansas City Marathon

Level I Schedule

Goal: To finish the marathon

Recommended Background: Average weekly base of 10-20 miles in the last 3 weeks

At least one 4 to 8 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 | | 2-3 | 3-5 | 2-3 | 2-4 | | 6-8 | 11-23 |
| | June 12-18 | | 2-3 | 4-5 | 2-3 | 3-4 | | 6-10 | 13-25 |
| Recovery | June 19-25 | | C/O | 3-4 | O | 2-3 | | 8-12 | 13-19 |
| | June 26 to July 2 | | 2-3 | 4-5 | 2-3 | 3-4 | | 6-8 | 13-23 |
| | July 3-9 | | 2-4 | 4-6 | 2-3 | 3-5 | | 10-14 | 17-30 |
| Recovery | July 10-16 | | C/O | 3-5 | O | 3-4 | | 8-10 | 14-19 |
| | July 17-23 | | 3-4 | 5-6 | 2-4 | 4-5 | | 12-16 | 21-35 |
| | July 24-30 | | 3-4 | 5-6 | 3-4 | 4-5 | | 8-10 | 17-29 |
| | July 31-August 6 | | 3-5 | 5-7 | 3-4 | 4-6 | | 14-18 | 23-40 |
| Recovery | August 7-13 | Cure 5K | 2-3/O | 4-5 | C/O | 3-4 | | 8-12 | 15-25 |
| Strength | ----- | O | C+R | SL | C/R/O | H | C/O | L | ----- |
| | August 14-20 | | 3-5 | 6-7 | 3-4 | 5-6 | | 10-14 | 21-36 |
| | August 21-27 | | 4-6 | 6-7 | 3-4 | 5-6 | | 16-20 | 27-43 |
| Recovery | Aug. 29 to Sept. 3 | | C/O | 5-6 | C/O | 4-5 | | 10-12 | 19-23 |
| | September 4-10 | | Labor 5K | 6-8 | 3-5 | 5-7 | | 18-22 | 29-47 |
| | September 11-17 | | 4-6 | 7-8 | 3-5 | 6-7 | | 10-12 | 23-38 |
| | September 18-24 | | 4-6 | 7-8 | 3-4 | 6-7 | | 20 | 33-45 |
| Taper | ----- | O | R/O | R | O | R | O | SL | ----- |
| | Sept. 25 to Oct. 1 | | 4-5 | 6-7 | | 5-6 | | 12 | 23-30 |
| | October 2-8 | | 3-4 | 5-6 | | 4-5 | | 8 | 17-23 |
| | October 9-15 | | 3 | 4-5 | | 3-4 | | KC | 7-12 |

Please note:

- Can run 3, 4, or 5 days a week and build up to 1-3 twenty milers. 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 marathon to gain valuable race experience. Some options are the 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 marathon 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 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.