

Kansas City Half Marathon

Beginner Schedule

Goal: To finish the half marathon

Recommended Background: Beginner

Phase	Dates	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Mileage
Endurance	-----	O	C+R	SL	C/O	R	C/O	L	-----
	June 20-26		C	1		1		1-2	3-4
	June 27 to July 3		C	1-1.5		1		1-2	3-4.5
Recovery	July 4-10		C/O	1	O	1		2-3	4-5
	July 11-17		1	1-2		1-1.5		2-3	4-7.5
	July 18-24		1	1-2		1-2		3-4	5-9
	July 25-31		1-2	2-3		1-2		3-4	6-11
Recovery	August 1-7		C/O	2	O	1		4-5/O	3-8
	August 8-14	Cure 5K	1-2/O	2-3		2		4-5	8-13
	August 15-21		2	3-4		2-3		5-6	10-15
Strength	-----	O	C+R	SL	C/R/O	H	C/O	L	-----
Recovery	August 22-28		C/O	3	O	2		5-6	10-11
	Aug. 29 to Sept. 4		2	3-4		2-3		6-8	11-17
	September 5-11		Labor 5K	3-4/O		3		6-8	12-15
	September 12-18		2	4-5		3-4		*8-10	15-21
Recovery	September 19-25		C/O	3	O	3		6-8	12-14
	Sept. 26 to Oct. 2		2	4-5		3-4		10	17-21
Taper	-----	O	R/O	R	O	R	O	SL	-----
	October 3-9		2	4		3-4		6-8	13-18
	October 10-16		2	3		3		KC 1/2	6-8

Please Note:

- You can add 15-30 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 3-5 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.
- It's very important to do a couple of tune up races before the half marathon to gain valuable race experience.
- Recovery weeks are built in to make sure you stay healthy and fresh enough for race day.

*Join us for the KC Marathon/Half Marathon Training Run September 18 at the Ward Parkway Garry Gribble's Running Sports store! (for more info, contact Coach Valdez at runnersedge@everestkc.net)

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.

Kansas City Half Marathon

Level I Schedule

Goal: To finish the half marathon

Recommended Background: Average weekly base of 8-15 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 20-26		2	3-4	2	2-3		3-4	8-15
	June 27 to July 3		2	3-4	2	2-3		4-6	9-17
	July 4-10		2-3	3-4	2	2-3		4-6	9-18
	July 11-17		2-3	4-5	2-3	3-4		6-8	13-23
Recovery	July 18-24		C/O	3	O	3		6-8	12-14
	July 25-31		3	4-5	2-3	3-4		8-10	15-25
	August 1-7		3	4-5	2-3	3-4		6-8	13-23
Recovery	August 8-14	Cure 5K	C/O	4	C/O	3		8-10	15-21
	August 15-21		3	5-6	3	4-5		10-12	19-29
Strength	-----	O	C+R	SL	C/R/O	H	C/O	L	-----
	August 22-28		3-4	5-6	3	4-5		8-10	17-28
	Aug. 29 to Sept. 4		3-4	5-6	3	4-5		12-14	21-32
Recovery	September 5-11		Labor 5K	4R	C/O	4		8-10	16-22
	September 12-18		3-4	6-7	3	5-6		*12-14	23-34
	September 19-25		3-4	6-7	3	5-6		8-10	19-30
	Sept. 26 to Oct. 2		3-4	6-7	3	5-6		12	23-32
Taper	-----	O	R/O	R	O	R	O	SL	-----
	October 3-9		3	5-6		4-5		8	17-22
	October 10-16		3	4-5		3		KC 1/2	7-11

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 on August 8 and the Labor Day 5K on September 6.
- Recovery weeks are built in to make sure you stay healthy and fresh enough for race day.
- *Join us for the KC Marathon/Half Marathon Training Run September 18 at the Ward Parkway Garry Gribble's Running Sports store! (for more info, contact Coach Valdez at runnersedge@everestkc.net)

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.

Kansas City Half Marathon

Level II Schedule

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

Recommended Background: Avg. weekly base of 15-30 miles in last 3 weeks; At least one 6 to 10 mile run

Phase	Dates	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Mileage
Strength	-----	C/O	C+R	H	C+R	G/T	C/O	L/G	-----
	June 20-26		3-4	4-5	3-4	4-5G(2/3-1-1)		8-14	16-32
	June 27 to July 3		3-4	4-6	3-4	4-5SL		10/Freedom 5K	13-29
	July 4-10		3-4	5-6	3-4	5-6G(2/3-2-1)		12-16	22-36
Recovery	July 11-17		2-3	4	C/O	4R		8-12G(3/7-2-3)	16-23
	July 18-24		3-5	5-6	3-4	5-6G(2/3-2-1)		14-18	24-39
	July 25-31		3-5	5-7	3-4	5-6T(2/3-2-1)		10-12G(4/6-3-3)	20-34
Speed	-----	C/O	C+R	S	C+R	G/H/T	C/O	L/G	-----
	August 1-7		4-5	6S 5X800	3-4	6-7T(3/4-2-1)		12-14G(5/7-4-3)	24-36
	August 8-14	Cure 5K	4-5/O	7SL	3-4	6-7G(2/3-3-1)		14-18	27-41
Recovery	August 15-21		3	7S 6X800	C/O	5H		10-12G(4/6-5-1)	22-27
	August 22-28		4-5	8S 7X800	3-5	6-7G(2/3-3-1)		16-20	30-45
	Aug. 29 to Sept. 4		4-5	8S 8X800	3-5	7-8T(3/4-3-1)		10-12G(2/4-6-2)	25-38
Recovery	September 5-11		Labor 5K	5R	C/O	6H		12-14G(4/6-7-1)	23-30
	September 12-18		4-6	8S 8X800	3-5	7-8G(2/3-4-1)		*16-20	31-47
	September 19-25		4-6	8S 7X800	3-5	7-8T(3/4-3-1)		10-12G(4-3-3/5)	25-39
	Sept. 26 to Oct. 2	Breathe 5K	4-5/O	7SL	3-4	6H		12-14G(5/7-6-1)	25-36
Taper	-----	O	R/O	T/G	R/O	G/R	O	SL/G	-----
	October 3-9		3-4	6T (2-3-1)	3	5 (2-2-1)		8G (4-3-1)	19-26
	October 10-16		3	5G (2-2-1)	O	3-4R		KC ½	8-12

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 on August 8 and the Labor Day 5K on September 6. 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.
- *Join us for the KC Marathon/Half Marathon Training Run September 18 at the Ward Parkway Garry Gribble's Running Sports store! (for more info, contact Coach Valdez at runnersedge@everestkc.net)

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.** 6T (3-2-1) is easy for 3 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 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