

Kansas City Marathon

Level I Schedule

Goal: To finish the marathon

Recommended Background: Average weekly base of 12-25 miles in the last 3 weeks
At least one 6 to 10 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	4-5	2-3	3-4		8-14	15-29
	June 27 to July 3		2-3	4-5	2-3	3-4		10-8	15-25
	July 4-10		2-3	4-6	2-3	3-5		12-16	19-33
Recovery	July 11-17		C/O	3	O	3		8-10	14-16
	July 18-24		3-4	5-6	2-3	4-5		14-18	23-36
	July 25-31		3-4	5-6	2-3	4-5		8-10	17-28
Recovery	August 1-7		C/O	4	O	3		10-12	17-19
	August 8-14	Cure 5K	3-4/O	5-7	3-4	4-6		16-20	25-41
Strength	-----	O	C+R	SL	C/R/O	H	C/O	L	-----
	August 15-21		3-5	6-7	3-4	5-6		10-12	21-34
	August 22-28		3-5	6-7	3-4	5-6		18-22	29-44
Recovery	Aug. 29 to Sept. 4		C/O	5	C/O	4		10-12	19-21
	September 5-11		Labor 5K	6-7	3-4	5-7		12-14	23-37
	September 12-18		3-5	6-8	3-4	6-7		*20-22	32-46
	September 19-25		3-5	7-8	3-4	6-7		10-12	23-36
Taper	-----	O	R/O	R	O	R	O	SL	-----
	Sept. 26 to Oct. 2		3-4	6-7		5-6		12-14	23-31
	October 3-9		3-4	5-6		4-5		8	17-23
	October 10-16		3	4-5		3		KC	7-11

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 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 marathon 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 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 Marathon

Level II Schedule

Goal: To finish the marathon within a certain time.

Recommended Background: Average weekly base of 20-35 miles in the last 3 weeks

At least one 12 to 14 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	5-6	3-4	5-6G(3/4-1-1)		14-18	24-38
	June 27 to July 3		3-4	5-6	3-4	5-6G(2/3-2-1)		10-12/Freedom 5K	15-32
	July 4-10		3-5	6-7	3-4	5-7T(2/4-1-1)		16-20	27-43
Recovery	July 11-17		3	5	C/O	4R		10-14G(4/8-4-2)	19-26
	July 18-24		4-5	6-7	3-4	6-7G(2/3-3-1)		18-20	30-43
	July 25-31		4-5	6-8	3-4	6-8T(3/5-2-1)		12-14G(5/7-6-1)	24-39
Speed	-----	C/O	C+R	S	C+R	T/G/H	C/O	L/G	-----
Recovery	August 1-7		3	7S 6X800	C/O	5R		14-16G(5/7-5-4)	26-31
	August 8-14	Cure 5K	4-6/O	6SL	3-5	6-8T(2/4-3-1)		20-22	32-47
	August 15-21		4-6	8S 7X800	3-5	7-8H		12-14G(4/6-7-1)	27-41
	August 22-28		4-6	8S 8X800	3-5	7-9G(3/5-3-1)		20-22	35-50
Recovery	Aug. 29 to Sept. 4		3	8S 9X800	C/O	5H		12-14G(3/5-6-3)	25-30
	September 5-11		Labor 5K	7R	3-5	7-9T(3/5-3-1)		14-16G(5/7-8-1)	28-43
	September 12-18		5-7	9S 10X800	3-5	8-9T(3/4-4-1)		*22G (14-6-2)	39-52
	September 19-25		5-6	8S 8X800	3-4	7-8H		12G (3-8-1)	27-38
Taper	-----	O	R/O	T/G	R/O	G/R	O	SL/G	-----
	Sept. 26 to Oct. 2	Breathe 5K	4-5/O	7G(3-3-1)	3	6T (2-3-1)		14G (7-6-1)	27-35
	October 3-9		3-4	6T (2-3-1)	O	5G(2-2-1)		8-10G (3/5-4-1)	19-25
	October 10-16		3	5G (2-2-1)	O	4R		KC	9-12

Please Note:

-Can run 3 to 5 days a week and build up to 3 or 4 twenty milers. 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 marathon to get used to dealing with race day nerves. Some options are 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 marathon 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 30-60 seconds per mile slower than marathon goal pace.

L = Long Workout. After a 2 mile warm up, run 45-90 seconds per mile slower than 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. 12G (7-4-1) is to go easy for 7 miles, do 4 miles at marathon goal pace, 1 mile cool down.

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

S = Speed Workout. 7S: 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.