

## Kansas City Half Marathon

### Beginner Schedule

**Goal:** To finish the half marathon

**Recommended Background:** Average weekly base of 5-10 miles in last 3 weeks  
At least one 2-4 mile workout

Phase	Dates	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Mileage
<b>Endurance</b>	-----	<b>O</b>	<b>C+R</b>	<b>SL</b>	<b>C/O</b>	<b>R</b>	<b>C/O</b>	<b>L</b>	-----
	July 30-August 5		1-1.5	2-3		1-3		3-5	6-12.5
	August 6-12		1-2	2-4		2-3		3-5	7-17
Recovery	August 13-19		C/O	1-3		1-2		4-6	6-11
	August 20-26		1-2	3-4		2-3		4-6	9-15
	August 27-Sept. 2		2-3	3-5		3-4		5-7	11-19
Recovery	September 3-9		C/O	2-4R		2-3R		5-6	9-13
<b>Strength</b>	-----	<b>O</b>	<b>C+R</b>	<b>SL+F</b>	<b>C/O</b>	<b>H</b>	<b>C/O</b>	<b>L</b>	-----
	September 10-16		2-3	3-5		3-4		6-8	12-20
	September 17-23		2-4	4-6		3-5		7-9	14-24
Recovery	September 24-30		C/O	3-5R		2-4R		5-7	10-16
	October 1-7		2-4	4-6		3-5		8-10	15-25
<b>Peak</b>	-----	<b>O</b>	<b>R/O</b>	<b>R+F</b>	<b>C/O</b>	<b>H/R</b>	<b>O</b>	<b>SL</b>	-----
	October 8-14		2-3	4-5		3-4H		6-8	13-20
	October 15-21		1-2	3-4		2-3R		KC 1/2	5-9

- You can add 10-30 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 start with alternating 1-2 minutes of running with 30 seconds of walking and gradually build up to 5-10 minutes of running with 30 seconds of walking.
- You can run 3 or 4 days a week. Pick up where you’ve left off in terms of weekly runs and mileage.
- Mileage ranges allow you to do the higher end if you feel great, the middle if you feel average, and the low end if you feel tired so you can adjust to find your sweet spot given how your mind and body feel.
- Can convert your distance to time by multiplying your normal pace by each mile (i.e. 4 x 10 minute pace = 40 minutes)
- Do a couple of tune up races before the half marathon to gain valuable race experience.
- Recovery weeks are built in to improve your chances for staying healthy to regroup & recover enough for race day.

### Quick Reference Guide

#### **Training Phases**

- Endurance Phase: main goal is to slowly build up endurance. Focus on relaxed running to ‘hang out there longer’.
- Strength Phase: to add strength by doing one hilly workout a week along with an optional fartlek workout for speed.
- Peak Phase: to allow your body to recover and peak for the target race.

#### **Key Terms**

- O = Off Day/Complete Rest/ No cross training.** Active recovery such as foam rolling recommended.
- C = Cross training.** Strength training that works the glutes/hips/core is strongly recommended 1-3 times a week. Can also do non-weight bearing aerobic activities that you enjoy such as aqua jogging, swimming, or spinning.
- R = Recovery Run.** Very relaxed effort over flat to rolling terrain for a short duration. Have fun while freshening up!
- SL = Semi-long Run.** After a 1-2 mile warm up (very relaxed effort), ease into a relaxed to moderate effort.
- L = Long Run.** After a 2 mile warm up (very relaxed effort), ease into a relaxed to moderate effort.
- H = Hill Workout.** After a 1-2 mile warm up, do a hillier than average route at a moderate effort. Or, for a more concentrated workout, do 30-60 sec. hill repeats. Start with 2-4 minutes of ‘climb’ time and add 1-2 mins each week.
- F = Fartlek.** After a 1-2 mile warm up, if you feel good, perform optional pickups where you run at 5K-10K race effort (i.e. moderately hard) for 1 minute followed by a 2 minute recovery jog. Start with 2-4 and add 1 every week.
- + = 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 12-25 miles in last 3 weeks  
At least one 5-7 mile workout

Phase	Dates	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Mileage
<b>Endurance</b>	-----	<b>O</b>	<b>C+R</b>	<b>SL</b>	<b>C/R/O</b>	<b>R</b>	<b>C/O</b>	<b>L</b>	-----
	July 30-August 5		3-4	4-6	2-3	3-5		6-8	13-26
	August 6-12		3-5	4-7	3-4	4-6		7-9	15-31
Recovery	August 13-19		2-3	3-5R	C/O	2-4R		8-10	13-22
	August 20-26		3-5	4-7	3-4	4-6		6-8	14-30
<b>Strength</b>	-----	<b>O</b>	<b>C+R</b>	<b>SL+F</b>	<b>C/R/O</b>	<b>H</b>	<b>C/O</b>	<b>L</b>	-----
	August 27-Sept. 2		3-6	5-8	3-4	4-6		9-11	18-35
Recovery	September 3-9		2-4	3-6R	C/O	3-4R		7-9	13-23
	September 10-16		3-6	5-8	3-5	4-7		10-12	19-38
	September 17-23		3-6	6-9	3-5	5-7		8-10	19-37
Recovery	September 24-30		2-4	4-7R	C/O	3-6R		10-13	17-30
	October 1-7		3-6	6-8	3-5	5-7		8-10	19-36
<b>Peak</b>	-----	<b>O</b>	<b>R/O</b>	<b>R+F</b>	<b>C/R/O</b>	<b>H/R</b>	<b>O</b>	<b>SL</b>	-----
	October 8-14		3-5	5-7	3-4	4-6H		6-8	15-30
	October 15-21		2-4	4-6	2-3	3-4R		KC 1/2	7-17

#### **Please Note:**

- Can run 3, 4, or 5 days a week. Pick up where you've left off in terms of weekly runs and mileage.
- Mileage ranges allow you to do the higher end if you feel great, the middle if you feel average, and the low end if you feel tired so you can adjust to find your sweet spot given how your mind and body feel.
- Can convert your distance to time by multiplying your normal pace by each mile (i.e. 4 x 10 minute pace = 40 minutes)
- Do a couple of tune up races before the half marathon to get used to dealing with race day nerves.
- Recovery weeks are built in to improve your chances for staying healthy to regroup & recover enough for race day.

#### Quick Reference Guide

#### **Training Phases**

- Endurance Phase: main goal is to build up endurance. Try to limit speedwork and hills. Focus on relaxed running.
- Strength Phase: to add strength by doing one hilly course a week along with an optional fartlek workout for speed.
- Peak Phase: to allow your body to recover and peak for the target race.

#### **Key Terms**

- O = Off Day/Complete Rest/** No cross training. Active recovery such as foam rolling recommended.
- C = Cross training.** Strength training that works the glutes/hips/core is strongly recommended 1-3 times a week. Can also do non-weight bearing aerobic activities that you enjoy such as aqua jogging, swimming, or spinning.
- R = Recovery Run.** Very relaxed effort over flat to rolling terrain for a short duration. Have fun while freshening up!
- SL = Semi-long Run.** After a 2 mile super relaxed warm up, ease into a relaxed to moderate effort.
- L = Long Run.** After a 2 mile super relaxed warm up, ease into a relaxed to moderate effort.
- H = Hill Workout.** After a 2 relaxed mile warm up, do a hillier than average route. Or, for a more concentrated workout, do 1-2 minute hill repeats. Start with 3-6 minutes of 'climb' time and add 1-2 minutes each week.
- F = Fartlek.** After a 2 mile super relaxed warm up, perform optional pickups where you run at 5K-10K race effort (i.e. moderately hard) for 1 minute followed by a 2 minute recovery jog. Start with 3-6 and add 1-2 every week.
- + = 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 I Schedule

**Goal:** To finish the marathon

**Recommended Background:** Average weekly base of 20-40 miles in the last 3 weeks  
At least one 10-14 mile workout

Phase	Dates	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Mileage
<b>Endurance</b>	-----	<b>O</b>	<b>C+R</b>	<b>SL</b>	<b>C/R/O</b>	<b>R</b>	<b>C/O</b>	<b>L</b>	-----
	July 30-August 5		3-5	5-7	3-4	4-6		12-16	21-38
	August 6-12		3-6	6-8	3-5	5-7		8-12	19-38
Recovery	August 13-19		2-4	4-6R	2-3	3-5R		14-18	21-36
	August 20-26		3-6	6-8	3-5	5-7		10-14	21-40
<b>Strength</b>	-----	<b>O</b>	<b>C+R</b>	<b>SL+F</b>	<b>C/R/O</b>	<b>H</b>	<b>C/O</b>	<b>L</b>	-----
	August 27-Sept. 2		3-7	7-9	3-6	6-8		16-20	29-50
Recovery	September 3-9		2-5	5-7R	2-4	4-6R		12-16	21-38
	September 10-16		3-7	7-9	3-6	6-8		18-22	31-52
	September 17-23		3-7	7-9	3-6	6-8		12-16	25-46
Recovery	September 24-30		2-5	5-7R	2-4	4-6R		18-20	27-42
	October 1-7		3-6	6-8	3-5	5-7		12-15	23-41
<b>Peak</b>	-----	<b>O</b>	<b>R/O</b>	<b>R+F</b>	<b>C/O</b>	<b>H/R</b>	<b>O</b>	<b>SL</b>	-----
	October 8-14		3-5	5-7	3-4	4-6H		8-10	17-32
	October 15-21		2-4	4-6	2-3	3-4R		KCM	7-17

**Please note:**

- Can run 3, 4, or 5 days a week. Pick up where you've left off in terms of weekly runs and mileage.
- Mileage ranges allow you to do the higher end if you feel great, the middle if you feel average, and the low end if you feel tired so you can adjust to find your sweet spot given how your mind and body feel.
- Can convert your distance to time by multiplying your normal pace by each mile (i.e. 4 x 10 minute pace = 40 minutes)
- Do a couple of tune up races before the marathon to gain valuable race experience in dealing with race day nerves.
- Recovery weeks are built in to improve your chances for staying healthy to regroup & recover enough for race day.

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**Key Terms**

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- H = Hill Workout.** After a 2 mile relaxed warm up, do a hilly route at moderate effort or for a more concentrated workout, do 1-2 minute hill repeats. Start with 3-6 minutes of 'climb' time and add 1-2 minutes each week.
- F = Fartlek.** After a 2 mile super relaxed warm up, perform optional pickups where you run at 5K-10K race effort (i.e. moderately hard) for 1 minute followed by a 2 minute recovery jog. Start with 3-6 and add 1-2 every week.
- + = 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:** Average weekly base of 15-40 miles in the last 3 weeks  
At least one 5-9 mile run

Phase	Dates	Sun	Monday	Tuesday	Wed	Thursday	Fri	Saturday	Mileage
<b>Strength</b>	-----	R/C/O	C+R	F	C+R	HR	C/O	L/G	-----
	July 30-August 5	2-4	3-5	4-7F (5-10)	3-5	4-7HR (5-10)		6-10G(4-1-1/5)	14-38
	August 6-12	3-5	3-6	5-8F (6-12)	3-6	5-8HR (6-12)		7-12G(4-2-1/6)	17-45
Recovery	August 13-19	2-3	2-4	3-6R	2-4	3-6R	O	8-14L	14-37
<b>Speed</b>	-----	R/C/O	C+R	S/HR	C+R	T	C/O	L/G	-----
	August 20-26	3-5	3-6	5-8S 4-6X800	3-6	5-8T 2x1 Mile		8-10G(4/6-3-1)	18-43
	August 27-Sept. 2	3-6	3-7	6-9HR (7-14)	3-7	6-9T 2x1.5 Mile		10-16G(5-4-1/7)	22-54
Recovery	September 3-9	2-4	2-5	4-7R	2-5	4-7R+HR (3-6)	O	8-12L	16-40
	September 10-16	3-6	3-7	6-9S 5-7X800	3-7	6-9T 2x2 Mile		12-18G(6-5-1/7)	24-56
	September 17-23	3-6	3-7	7-9HR (8-16)	3-7	7-9T(2/5-3-1)		10-14G(3-6-1/5)	24-52
Recovery	September 24-30	2-4	2-5	5-7R+HR (4-8)	2-4	5-7R	O	12-18L	22-46
	October 1-7	3-5	3-6	6-8S 6-8X800	3-5	6-8T 2x2 Mile		10-14G(4/8-5-1)	22-46
<b>Peak</b>	-----	R/O	C+R	S/G	R/C/O	T/G	O	SL/G	-----
	October 8-14	3-4	3-5	5-7S 4-6X800	3-4	5-6T 2x1 Mile		8-10G(4-3-1/3)	18-36
	October 15-21	2-3	2-4	4-6G 4x800	2-3	3-5G 4X400		KC ½	7-21

**Please note:**

- Can run 3 to 6 days a week. Tuesdays/Thursdays/Saturdays are the most important workouts to do. Pick up where you've left off with the number of weekly runs and mileage and gradually build from there.
- Ranges allow finding the sweet spot given how your body and mind feel – do more if you feel good/less if you don't
- Do a couple of tune up races to gain valuable race experience while they'll provide the best overall speed workout.
- 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 improve your chances for staying healthy to regroup & recover enough for race day.

### Key Terms

- O = Off Day/Complete Rest/ No cross training.** Active recovery such as foam rolling recommended.
- C = Cross training.** Strength training that works the glutes/hips/core is strongly recommended 2-3 times a week. Can also do non-weight bearing aerobic activities you enjoy such as aqua jogging, swimming, or spinning.
- R = Recovery Run.** Very relaxed effort over flat to rolling terrain or off the pavement for short duration. Stop a few times to stretch and muscle floss to loosen up tight spots. Have fun while freshening up!
- L = Long Run.** After a 2 mile warm up, ease into a relaxed to moderate effort (45-90 seconds per mile slower goal pace)
- F = Fartlek.** 4-7F (5-10) means to warm up 2 miles, perform 5-10 pickups where you run at 5K race effort for 1 minute followed by a 1-2 minute recovery jog after each and cool down for a total of 4-7 miles.
- HR = Hill Repeats.** 4-7HR (5-10) means warm up a few miles and then perform 5-10 minutes of pickups on a hill where you run at 5K-10K effort for 1-2 minutes followed by a recovery jog/walk back down. ½ mile cool down.
- G = Goal Pace Workout.** 6-10G (4-1-1/5) means to warm up and settle in for 4 miles, 1 mile at half marathon goal pace, 1 mile cool down or recovery mile with up to 4 additional miles at long run pace depending on your mileage. On warm days, can alternate 1-2 goal pace miles with a recovery mile to cool off and maintain the quality.
- T = Tempo Workout.** 5-8T 2x1 Mile means a track workout of two 1 mile repeats at 10K pace or 20-40 seconds slower than 5K pace with a 1-3 minute recovery jog in between. With a 2-3 mile warm up and ½-1 mile cool down, distance is 5-8 miles.
- S = Speed Workout.** 5-8: 4-6X800 means a track workout of four to six 800 meter repeats from 5K pace up to 20 seconds per mile faster than 5K pace with a 1 lap recovery jog after each. With a 2-3 mile warm up and ½-1 mile cool down, total mileage is 5-8 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

## Kansas City Marathon

### Level II Schedule

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

**Recommended Background:** Average weekly base of 20-50 miles in the last 3 weeks  
At least one 12-16 mile run

Phase	Dates	Sun	Mon	Tuesday	Wed	Thursday	Fri	Saturday	Mileage
<b>Strength</b>	-----	<b>R/C/O</b>	<b>C+R</b>	<b>F</b>	<b>C+R</b>	<b>HR</b>	<b>C/O</b>	<b>L/G</b>	-----
	July 30-August 5	3-5	3-6	5-8F (6-12)	3-6	5-8HR (6-12)		14-18G(6/10-4-4)	24-51
	August 6-12	3-5	3-6	5-8F (7-14)	3-6	5-8HR (7-14)	O	10-14G(4-5-1/5)	20-47
Recovery	August 13-19	2-3	2-4	4-6R	2-4	4-6R		16-20L	24-43
<b>Speed</b>	-----	<b>R/C/O</b>	<b>C+R</b>	<b>S/HR</b>	<b>C+R</b>	<b>T</b>	<b>C/O</b>	<b>L/G</b>	-----
	August 20-26	3-6	3-7	6-9S 4-6X800	3-7	6-9T 2x1.5 Mile		12-16G(4/8-7-1)	24-54
	Aug. 27-Sept. 2	3-6	3-7	6-9HR (8-16)	3-7	6-9T 2x2 Mile	O	18-22G(8-8-2/6)	30-60
Recovery	September 3-9	2-4	2-5	4-7R+HR(4-8)	2-5	4-7R		14-18L	22-46
	September 10-16	3-7	3-8	7-10S 6-8X800	3-8	7-10T (2/5-3-2)		20-22G(7/9-12-1)	34-65
	September 17-23	3-7	3-8	7-10HR (9-18)	3-8	7-10T (2/5-4-1)	O	14-16G(6-6-2/4)	28-59
Recovery	September 24-30	2-5	2-6	5-8R+HR(4-8)	2-6	5-8R		20L	30-53
	October 1-7	3-7	3-8	7-10S 8-10X800	3-8	7-10T 2x2 Mile		12-15G(3/6-8-1)	26-58
<b>Peak</b>	-----	<b>R/O</b>	<b>R/O</b>	<b>S/G</b>	<b>R/O</b>	<b>T/G</b>	<b>O</b>	<b>SL/G</b>	-----
	October 8-14	3-5	3-6	6-8S 4-6X800	3-5	5-7T 2x1 Mile		8-10G (3-4-1/3)	19-41
	October 15-21	2-3	2-4	4-6G 4x800	2-3	3-5G 4X400		KCM	7-21

**Please note:**

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- Ranges allow finding the sweet spot given how your body and mind feel – do more if you feel good/less if you don't
- Do a couple of tune up races to gain valuable race experience while they'll provide the best overall speed workout.
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- L = Long Run.** After a 2 mile warm up, ease into a relaxed to moderate effort (30-90 seconds per mile slower goal pace)
- F = Fartlek.** 5-8F (6-12) means to warm up a few miles, perform 6-12 pickups where you run at 5K race effort for 1 minute followed by a 1-2 minute recovery jog after each and a cool down jog for a total of 5-8 miles.
- HR = Hill Repeats.** 5-8HR (6-12) means warm up a few miles and then perform 6-12 minutes of pickups on a hill where you run at 5K-10K effort for 1-2 minutes followed by a recovery jog/walk back down. ½ mile cool down.
- G = Goal Pace Workout.** 14-18G (6/10-4-4) means to warm up and settle in for 6-10 miles, 4 miles at marathon goal pace, 1 mile cool down or a recovery mile with up to 3 additional miles at long run pace depending on your mileage. On warm days, can alternate 1-2 goal pace miles with a recovery mile to cool off and maintain the quality.
- T = Tempo Workout.** 6-9T 2-3x1 Mile means a track workout of two to three 1 mile repeats at 10K pace or 20-40 seconds slower than 5K pace with a 1-3 minute recovery jog in between. With a 2-3 mile warm up and a ½-1 mile cool down, distance is 6-9 miles.
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