

Garmin Half Marathon

Level II Schedule

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

Recommended Background: Average weekly base of 15-35 miles in the last 3 weeks
At least one 4-10 mile run

Phase	Dates	Sun	Monday	Tuesday	Wed	Thursday	Fri	Saturday	Mileage
Strength	-----	R/C/O	C+R	F	C+R	HR	C/O	L/G	-----
	Jan. 30-Feb. 5	2-4	3-5	4-7F (4-8)	3-5	4-7HR (4-8)		6-12G(4-1-1/7)	14-38
	February 6-12	2-4	3-5	4-7F (5-10)	3-5	4-7HR (5-10)		7-14G(4-2-1/8)	15-40
Recovery	February 13-19	2-3	2-4	3-5R	2-3	3-5R	O	6-10L	12-30
Speed	-----	R/C/O	C+R	S/HR	C+R	T	C/O	L/G	-----
	February 20-26	3-5	3-6	5-8S 4-6X800	3-6	5-8T 2x1 Mile		8-14G(4-3-1/7)	18-45
	Feb. 27-March 5	3-5	3-6	5-8HR (7-14)	3-6	5-8T 2x1.5 Mile		9-16G(2/9-4-3)	19-47
Recovery	March 6-12	2-3	2-4	4-6R+HR (3-6)	2-4	4-6R	O	8-12L	16-35
	March 13-19	3-6	3-7	6-9S 6-8X800	3-7	6-9T 2x2 Mile		10-16G(4-4-2/8)	22-54
	March 20-26	3-6	3-7	6-9HR (8-16)	3-7	6-9T(2/5-3-1)		12-14G(4/6-6-2)	24-52
Recovery	March 27-April 2	2-4	2-5	4-7R+HR (4-8)	2-4	4-7R	O	10-18L	18-45
	April 3-9	3-5	3-6	6-8S 6-8X800	3-5	6-8T(3/5-2-1)		12-14G(6/8-5-1)	24-46
Peak	-----	R/O	C+R	S/G	R/C/O	T/G	O	SL/G	-----
	April 10-16	3-4	3-5	5-7S 4-6X800	3-4	5-6T 2x1 Mile		8-10G(4-3-1/3)	18-36
	April 17-23	2-3	2-4	4-6G 4x800	2-3	3-5G 4X400		Garmin ½	7-21

-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 a recent 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 and recover enough for race day.

-Be sure to warm up intelligently and start super relaxed before gradually easing into your pace for EVERY workout to improve your running! Finish slow & loosen up after as well.

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 Workout. Very relaxed effort over flat to rolling terrain or off the pavement for short duration.

Stop every 5-10 minutes during to stretch and muscle floss to loosen up tight spots. Have fun!

L = Long Workout. After a 2 mile warm up, run at a moderate effort (45-90 seconds per mile slower goal pace)

F = Fartlek. 4-7F (4-8) means to warm up 2 miles, perform 4-8 pickups where you run at sub 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 (4-8) means warm up a few miles and then perform 4-8 minutes of pickups on a hill where you run at 5K-10K effort for 30-60 seconds 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 seconds slower than 5K pace (or 15-30 seconds per mile faster than half marathon goal pace) with a 1-3 minute recovery jog in between. With a 15-30 minute warm up and 5 minute 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 (or 30-50 seconds per mile faster than half marathon goal pace) with a 1 lap recovery jog. With a 15-30 minute warm up and 5-10 minute 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