

Garmin Half Marathon

Level II Schedule

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

Recommended Background: Average weekly base of 15-30 miles in the last 3 weeks
At least one 4 to 10 mile run

Phase	Dates	Sun	Mon	Tuesday	Wed	Thursday	F	Saturday	Mileage
Strength	-----	C/O	C+R	F	C+R	HR	O	L/G	-----
	February 2-8		3-4	4-6F (5-10)	3-4	4-6HR (5-10)		6-12G(2/8-2-2)	14-32
	February 9-15		3-4	4-6F (6-12)	3-4	4-6HR (6-12)		8-14G(3/9-3-2)	16-34
	February 16-22		3-5	5-7F (7-15)	3-5	5-7HR (7-15)		8-12G(2/6-4-2)	18-36
Recovery	February 23-29		2-3	3-5R	2-3	3-5R+HR (3-6)		10-16L	16-32
Speed	-----	C/O	C+R	S	C+R	T	O	L/G	-----
	March 1-7		3-6	5-8S 4-6X800	3-6	5-8T 2-3X1 Mile		8-14G(2/8-5-1)	18-42
	March 8-14		4-6	6-8S 5-7X800	3-6	6-8T 2X2 Mile		12-18G(8-3-1/7)	24-46
Recovery	March 15-21		2-4	4-6R	2-4	4-6R+HR (4-8)		8-14L	16-34
	March 22-28		4-7	6-9S 6-8X800	3-7	6-9T (2/4-3-1)		12-16G(4/8-6-2)	24-48
	March 29-April 4		3-6	6-8S 4-6X800	3-6	6-8T 2X1.5 Mile		10-12G(5/7-4-1)	22-40
Peak	-----	O	C/R/O	HR/S	R/O	T/G	O	SL/G	-----
	April 5-11		3-4	5-6HR (5-10)	3-4	5-6T 2X1 Mile		8G (4-2-2)	18-28
	April 12-18		2-3	4-5S 2-4X800	2-3	3-4G 2-4X200		Garmin ½	7-15

-Can run 3, 4, or 5 days a week and do the low to high mileage ranges depending on how you feel that day.

Tuesdays/Thursdays/Saturdays are the most important workouts to do. Pick up where you've left off and you'll do fine.

-It's recommended to do 1-2 tune up 5K-10K races to gain race experience and get 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 make sure you stay healthy and fresh enough for race day.

Key Terms

O = Off Day/Complete Rest/ No cross training. Active recovery such as self massage recommended.

C = Cross training. Strength training that works the hips/glutes/core is strongly recommended 1-3 times a week to lower the risk of injury. You can also do aerobic activities such as swimming, or spinning for 20-40 minutes.

R = Recovery Workout. Very relaxed effort of 2-3 minutes per mile slower than half marathon goal pace over mostly flat terrain 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.

G = Goal Pace Workout. 6-12G (2/8-2-2) means to warm up and run 2-8 miles at a moderate effort, 2 miles at half marathon goal pace, and 2 miles at a relaxed to moderate effort starting with a recovery mile.

T = Tempo Workout. 5-8T: 2-3X1 Mile means to perform a track workout of two to three 1 mile repeats at 10K race pace, or about 20-25 seconds per mile slower than 5K pace. With a 15-20 minute warm up and 5-10 minute cool down, total mileage is 5-8 miles.

S = Speed Workout. 5-8S: 4-6X800 means to perform a track workout of four to six 800 meter repeats at 5K race pace or up to 15 seconds per mile faster with a recovery lap after each repeat. With a 15-20 minute warm up and 5-10 minute cool down, total mileage is 5-8 miles.

F = Fartlek. 4-6F (5-10) means to warm up 15 minutes, perform 5-10 pickups where you run at sub 5K race effort for 1 minute followed by a 2 minute recovery jog after each and cool down for a total of 4-6 miles.

HR = Hill Repeats. 4-6HR (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 30-60 seconds followed by a recovery jog/walk back down. ½ mile cool down.

+ = 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