

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 8 mile run

Phase	Dates	Sun	Mon	Tuesday	Wed	Thursday	Fri	Saturday	Mileage
Strength	-----	C/O	C+R	F+ST	C+R	HR+ST	O	L/G	-----
	January 14-20		3-4	4-6F (3-6)	3-4	4-6HR (3-6)		6-10	14-30
	January 21-27		3-4	4-6F (4-8)	3-4	4-6HR (4-8)		6-12G(4/6-1-1/5)	14-32
	January 28-Feb. 3		3-4	4-6F (5-10)	3-4	4-6HR (5-10)		8-10G(4/6-2-2)	16-30
Recovery	February 4-10		2-3	3-4R+ST	C/O	3-4R+ST		8-14	14-25
	February 11-17		3-5	5-7F (6-12)	3-5	5-7HR (6-12)		8-10G(3/5-3-2)	18-34
Speed	-----	C/O	C+R	S+ST	C+R	T/HR+ST	O	L/G	-----
	February 18-24		3-5	5-7S 3-6X800	3-5	5-7T 2-3X1 Mile		10-14G(4/8-4-2)	20-38
Recovery	Feb. 25-March 3		2-3	3-5R+F (3-6)	C/O	3-5R+HR (3-6)		6-10	12-23
	March 4-10		4-6	6-8S 4-7X800	3-6	6-8T 2-3X1.5 Mile		8-12G(2/6-5-1)	20-40
	March 11-17		4-6	6-8S 5-8X800	3-6	6-8T 2X2 Mile		10-16G(7-2-1/7)	22-44
Recovery	March 18-24		2-4	4-6R+F (3-6)	C/O	4-6R+HR (3-6)		8-10	16-26
	March 25-31		4-6	6-8S 6-8X800	3-6	6-8HR (7-14)		12-16G(4/8-6-2)	24-44
	April 1-7		3-5	6-7S 4-6X800	3-5	6-7T 2-3X1 Mile		10-12G(5/7-4-1)	22-36
Peak	-----	O	C/R/O	F/G+ST	R/O	H/G+ST	O	SL/G	-----
	April 8-14		3-4	5-6F (5-10)	3-4	5-6HR (4-8)		8G (4-2-2)	18-28
	April 15-21		2-3	4-5G 2X800	2-3	3-4G 4X200		Garmin ½	7-14

-Can run 3 to 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 a couple of tune up 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 (4/6-1-1/5) means to run 4-6 miles at a moderate effort, 1 mile at half marathon goal pace, and 1-5 miles at a moderate effort starting with a recovery mile.

T = Tempo Workout. 5-7T: 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 6-7 miles.

S = Speed Workout. 5-7S: 3-6X800 means to perform a track workout of three 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 5-7 miles.

ST = Striders. Go very fast (like the kick at the end of a race) for 15-20 seconds and jog for 30-40 seconds for 4-6 reps. Do this after your warm up to loosen up and prime your muscles for the Tuesday & Thursday workouts.

F = Fartlek. 4-6F (3-6) means to warm up 15 minutes, perform 2-4 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 (3-6) means warm up a few miles and then perform 3-6 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.