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	F	Saturday	Mileage
Strength	--------	C/O	**C+R**	**F+ST**	**C+R**	**HR+ST**	**O**	**L/G**	-------
	January 13-19		3-4	4-6F (4-8)	3-4	4-6HR (4-8)		6-10G(4/8-1-1)	14-30
	January 20-26		3-4	4-6F (5-10)	3-4	4-6HR (5-10)		8-12G(4/8-2-2)	16-32
Recovery	Jan. 27-Feb. 2		2-3	3-4R	C/O	3-4R+HR (3-6)		8-10L	14-21
	February 3-9		3-5	5-7F (6-12)	3-5	5-7HR (6-12)		10-14G(5/9-3-2)	20-38
Speed	------	C/O	**C+R**	**S+ST**	**C+R**	**T/HR+ST**	**O**	**L/G**	------
	February 10-16		3-5	5-7S 3-6X800	3-5	5-7T 2-3X1 Mile		8-12G(2/6-4-2)	18-36
Recovery	February 17-23		2-3	3-5R	C/O	3-5R+HR (3-6)		10-16L	16-29
	Feb. 24-March 2		4-6	6-8S 4-7X800	3-6	6-8T 2X1.5 Mile		8-14G(2/8-5-1)	20-42
	March 3-9		4-6	6-8S 5-8X800	3-6	6-8T 2X2 Mile		12-18G(8-3-1/7)	24-46
Recovery	March 10-16		2-4	4-6R+F (3-6)	C/O	4-6R+HR (3-6)		8-12L	16-28
	March 17-23		4-6	6-8S 6-8X800	3-6	6-8HR (7-14)		12-16G(4/8-6-2)	24-44
	March 24-30		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/S+ST**	**R/O**	**H/G+ST**	**O**	**SL/G**	-------
	March 31-April 6		3-4	5-6F (5-10)	3-4	5-6HR (4-8)		8G (4-2-2)	18-28
	April 7-13		2-3	4-5S 2-4X800	2-3	3-4G 2-4X200		Garmin ½	7-15

-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. 6-10G (4/8-1-1) means to warm up and run 4-8 miles at a moderate effort, 1 mile at half marathon goal pace, and a 1 mile 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. Accelerate (like the kick at the end of a race) for 20 seconds and jog for 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 (4-8) means to warm up 15 minutes, perform 4-8 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 (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.
+ = 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