

Gobbler Grind Half Marathon

Level I Schedule

Goal: To finish the half marathon

Recommended Background: Average weekly base of 10-25 miles in last 3 weeks
At least one 4-6 mile workout

Phase	Dates	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Mileage
Endurance	-----	O	C+R	SL	C/R/O	R	C/O	L	-----
	August 28-Sept. 3		3-4	4-6	2-3	3-5		6-8	13-26
	September 4-10		3-5	4-7	3-4	4-6		7-9	15-31
Recovery	September 11-17		2-3	3-5R	C/O	2-4R		8-10	13-22
	September 18-24		3-5	4-7	3-4	4-6		6-8	14-30
Strength	-----	O	C+R	SL+F	C/R/O	H	C/O	L	-----
	Sept. 25-October 1		3-6	5-8	3-4	4-6		9-11	18-35
Recovery	October 2-8		2-4	3-6R	C/O	3-4R		7-9	13-23
	October 9-15		3-6	5-8	3-5	4-7		10-12	19-38
	October 16-22		3-6	6-9	3-5	5-7		8-10	19-37
Recovery	October 23-29		2-4	4-7R	C/O	3-6R		10-13	17-30
	Oct. 30-Nov. 5		3-6	6-8	3-5	5-7		8-10	19-36
Peak	-----	O	R/O	R+F	C/R/O	H/R	O	SL	-----
	November 6-12		3-5	5-7	3-4	4-6H		6-8	15-30
	November 13-19		2-4	4-6	2-3	3-4R		0-2	7-19
	November 20	GG ½							

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 and 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 2-3 mile relaxed 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 2-3 mile super relaxed warm up, perform 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 run.
- / = Or.** C/O means to either cross train or take the day off.