

Gobbler Grind Half Marathon

Level II Schedule

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

Recommended Background: Average weekly base of 15-40 miles in the last 3 weeks

At least one 5-9 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 | ----- |
| | August 28-Sept. 3 | 2-4 | 3-5 | 4-7F (4-8) | 3-5 | 4-7HR (4-8) | | 6-10G(4-1-1/5) | 14-38 |
| | September 4-10 | 3-5 | 3-6 | 5-8F (5-10) | 3-6 | 5-8HR (5-10) | | 7-12G(4-2-1/6) | 17-45 |
| Recovery | September 11-17 | 2-3 | 2-4 | 3-6R | 2-4 | 3-6R | O | 8-14L | 14-37 |
| Speed | ----- | R/C/O | C+R | S/SL+HR | C+R | T | C/O | L/G | ----- |
| | September 18-24 | 3-5 | 3-6 | 5-8S 4-6X800 | 3-6 | 5-8T 2x1 Mile | | 8-10G(4/6-3-1) | 18-43 |
| | Sept. 25-Oct. 1 | 3-6 | 3-7 | 6-9SL+HR(6-12) | 3-7 | 6-9T 2x1.5 Mile | | 10-16G(5-4-1/7) | 22-54 |
| Recovery | October 2-8 | 2-4 | 2-5 | 4-7R | 2-5 | 4-7R+HR (3-6) | O | 8-12L | 16-40 |
| | October 9-15 | 3-6 | 3-7 | 6-9S 5-7X800 | 3-7 | 6-9T 2x2 Mile | | 12-18G(6-5-1/7) | 24-56 |
| | October 16-22 | 3-6 | 3-7 | 6-9SL+HR(7-14) | 3-7 | 6-9T(2/5-3-1) | | 10-14G(3-6-1/5) | 22-52 |
| Recovery | October 23-29 | 2-4 | 2-5 | 4-7R+HR (4-8) | 2-4 | 4-7R | O | 12-18L | 20-46 |
| | Oct. 30-Nov. 5 | 3-5 | 3-6 | 6-8S 6-8X800 | 3-5 | 6-8T(2/4-3-1) | | 10-14G(4/8-5-1) | 22-46 |
| Peak | ----- | R/O | C+R | S/G | R/C/O | T/G | O | SL/G | ----- |
| | November 6-12 | 3-4 | 3-5 | 5-7S 4-6X800 | 3-4 | 5-6T 2x1 Mile | | 8-10G(4-3-1/3) | 18-36 |
| | November 13-19 | 2-3 | 2-4 | 4-6G 4x800 | 2-3 | 3-5G 4X400 | | 0-2 | 7-23 |
| | November 20 | GG ½ | | | | | | | |

-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 your 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.

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

Stop a few times to stretch and muscle floss to loosen up tight spots. Have fun while freshening up!

SL = Semi-Long Run. After a 2 mile warm up, ease into a relaxed to moderate effort, similar to a long run.

L = Long Run. After 2 mile warm up, ease into a relaxed-moderate effort (45-90 seconds per mile slower than goal pace)

F = Fartlek. 4-7F (4-8) means to warm up 2 miles, perform 4-8 pickups where you run at 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 (5-10) 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 1-2 min. reps 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 20-40 seconds slower than 5K pace (20-30 seconds per mile faster than half marathon goal pace) with a 1-3 minute recovery jog in between. With a 2-3 mile warm up and ½-1 mile 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 (40-60 seconds per mile faster than half marathon goal pace) with a 1 lap recovery jog after each. With a 2-3 mile warm up and ½-1 mile 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