



2023 Gobbler Grind

Marathon and Half Marathon Training Plans

WELCOME!

Welcome to the Gobbler Grind Marathon and Half Marathon Training Programs! This is where America's most spirited runners come together to conquer the course, celebrate community, and make memories that last a lifetime. As you lace up your running shoes and prepare to tackle the Gobbler Grind, we understand that the journey to race day is just as important as the finish line itself. That's why we're thrilled to introduce a special feature to help you in your quest for a successful Gobbler Grind experience.

Meet Eladio Valdez, a seasoned runner, and the proud owner of Runners Edge KC, a local fitness training program service with a deep-rooted passion for helping runners of all levels achieve their goals. Eladio's dedication to the running community and his extensive experience in the field have led him to craft an exclusive training plan tailored specifically for the Gobbler Grind. With this comprehensive guide, you'll embark on a transformative journey that will prepare you physically and mentally for the challenges and triumphs that await you on race day.

In this section, we'll dive into the details of Eladio Valdez's Gobbler Grind training plan, designed to empower you with the knowledge, strategies, and motivation you need to excel in this iconic marathon event. Whether you're a seasoned athlete seeking to set a new personal best or a first-time marathoner looking to cross that finish line with a sense of accomplishment, this training plan will provide the structure and guidance necessary to help you succeed.

So, join us on this adventure, as we explore Eladio Valdez's expertly crafted training regimen, designed to elevate your Gobbler Grind experience to new heights. It's time to step up your training, conquer your goals, and prepare for the unforgettable journey that awaits you at the Gobbler Grind. Let's get started!

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Gobbler Grind Half Marathon | Beginner Schedule

Goal: To finish the Gobbler Grind Half Marathon

Recommended Background: Beginner – low weekly mileage of 5-10 miles and a 2-4 mile long run

Phase	Dates	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Mileage
Endurance	-----	O	C+R	SL	C/O	R	C/O	L	-----
	September 10-16		1-2	2-3		1-2		3-5	6-12
	September 17-23		1-2	2-4		1-3		4-6	7-15
Recovery	September 24-30		C/O	2-3		1-2		3-4	6-9
	October 1-7		1-2	3-4		2-3		5-7	10-16
Strength	-----	O	C+R	SL+F	C/O	H	C/O	L	-----
	October 8-14		2-3	3-5		2-4		6-8	11-20
Recovery	October 15-21		C/O	2-4R		2-3R		4-6	8-13
	October 22-28		2-3	3-5		2-4		7-8	12-20
	Oct. 29 to Nov. 4		2-3	4-6		3-5		8-10	15-24
Peak	-----	O	R/O	R+F	C/O	H/R	O	SL	-----
	November 5-11		2-3	4-5		3-4H		6-8	13-20
	November 12-18		1-2	3-4		2-3R		0-2	5-12
	November 19	GG ½							

Please note:

- You can add 10-30 minutes of a warm up walk to any workout under 3 miles.
- Try to mix walking breaks into the run – going the distance is your main objective. A good strategy is to start with alternating 1-2 minutes of running with 30-60 seconds of walking and gradually build up to 5-10 minutes of running with 30-60 seconds of walking.
- You can run 3 or 4 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 gain valuable race experience.
- Recovery weeks are built in to improve your chances for staying healthy and recover enough for race day.

Training Phases

- Endurance Phase: main goal is to slowly build up endurance. Focus on relaxed running to ‘hang out there longer’.
- Strength Phase: to add strength by doing one hilly workout 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

- = **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 1-2 mile warm up (very relaxed effort), ease into a relaxed to moderate effort.
- **L = Long Run.** After a 2 mile warm up (very relaxed effort), ease into a relaxed to moderate effort.
- **H = Hill Workout.** After a 1-2 mile warm up, do a hillier than average route at a moderate effort. Or, for a more concentrated workout, do 30-60 sec. hill repeats. Start with 2-4 minutes of ‘climb’ time and add 1-2 mins each week.
- **F = Fartlek.** After a 1-2 mile warm up, if you feel good, 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 2-4 and add 1 every week.
- **+ = And Optional.** C+R means to cross train with the option of also doing a recovery workout.
- **/ = Or.** C/O means to either cross train or take the day off.





Gobbler Grind Half Marathon | Level I Schedule

Goal: To finish the Gobbler Grind Half Marathon

Recommended Background: Average weekly base of 12-25 miles in last 3 weeks. At least one 5-7 mile workout

Phase	Dates	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Mileage
Endurance	-----	O	C+R	SL	C/R/O	R	C/O	L	-----
	September 10-16		3-4	4-6	2-3	3-5		6-8	13-26
	September 17-23		3-4	4-7	2-3	3-5		7-9	14-28
Recovery	September 24-30		2-3	3-5R	C/O	3-4R		8-10	14-22
Strength	-----	O	C+R	SL+F	C/R/O	H	C/O	L	-----
	October 1-7		3-5	5-7	2-4	4-6		6-8	15-30
	October 8-14		3-5	5-8	2-4	4-6		10-12	19-35
Recovery	October 15-21		2-4	4-6R	C/O	3-5R		8-10	15-25
	October 22-28		3-6	6-8	3-5	5-7		10-13	21-39
	Oct. 29 to Nov. 4		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 5-11		3-5	5-7	3-4	4-6H		6-8	15-30
	November 12-18		2-4	4-6	2-3	3-4R		0-2	7-19
	November 19	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.

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

- = **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 relaxed mile 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.** If you feel good after a 2 mile super relaxed warm up, perform pickups 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 workout.
- **/ = Or.** C/O means to either cross train or take the day off.





Gobbler Grind Half Marathon | Level II Schedule

Goal: To finish the Gobbler Grind 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	-----
	September 10-16	2-4	3-5	4-7F (4-8)	3-5	4-7HR (4-8)		6-10G(4-1-1/5)	14-38
	September 17-23	2-4	3-5	5-8F (6-10)	3-5	5-8HR (6-10)		7-12G(4-2-1/6)	17-42
Recovery	September 24-30	2-3	2-4	4-6R	2-4	4-6R	O	8-14L	16-37
Speed	-----	R/C/O	C+R	S/HR	C+R	T	C/O	L/G	-----
	October 1-7	3-5	3-6	5-8S 4-6X800	3-6	5-8T 2x1 Mile		8-10G(4/6-3-1)	18-43
	October 8-14	3-5	3-6	6-9HR (7-14)	3-6	6-9T 2x1.5 Mile		10-16G(5-4-1/7)	22-51
Recovery	October 15-21	2-4	2-5	5-7R	2-5	5-7R+HR (3-6)	O	8-12L	18-40
	October 22-28	3-6	3-7	6-9S 5-7X800	3-6	6-9T 2x2 Mile		12-16G(6-5-1/5)	24-54
	Oct. 29 to Nov. 4	3-5	3-6	6-8HR (8-16)	3-5	6-7T(2/5-3-1)		10-12G(3-6-1/3)	22-43
Peak	-----	R/O	C+R	S/G	R/C/O	T/G	O	SL/G	-----
	November 5-11	3-4	3-5	5-7S 4-6X800	3-4	5-6T 2x1 Mile		8-10G(4-3-1/3)	18-36
	November 12-18	2-3	2-4	4-6G 4x800	2-3	3-5G 4X400		0-2	7-23
	November 19	GG ½							

Please note:

- Can run 3 to 6 days a week. Tues/Thurs/Sat 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

- = **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!
- **L = Long Run.** After a 2 mile warm up, ease into a relaxed to moderate effort (45-90 seconds per mile slower goal pace)
- **F = Fartlek.** 4-7F (5-10) means to warm up 2 miles, perform 5-10 pickups where you run at sub 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 5-10 minutes of pickups on a hill where you run at 5K-10K effort for 1-2 minutes 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 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 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





Gobbler Grind Marathon | Level I Schedule

Goal: To finish the Gobbler Grind Marathon

Recommended Background: Average weekly base of 20-40 miles in the last 3 weeks. At least one 10-14 mile workout

Phase	Dates	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Mileage
Endurance	-----	O	C+R	SL	C/R/O	R	C/O	L	-----
	September 10-16		3-5	5-7	3-4	4-6		12-16	21-38
	September 17-23		3-5	6-8	3-4	5-7		8-10	19-34
Recovery	September 24-30		2-4	4-6	2-3	3-5		14-18	21-36
Strength	-----	O	C+R	SL+F	C/R/O	H	C/O	L	-----
	October 1-7		3-6	6-8	3-5	5-7		10-12	21-38
	October 8-14		3-6	7-9	3-5	6-8		16-20	29-48
Recovery	October 15-21		2-5	5-7R	2-4	4-6R		12-14	21-36
	October 22-28		3-6	7-9	3-5	6-8		18-20	31-48
	Oct. 29 to Nov. 4		3-6	6-8	3-5	5-7		13-15	24-41
Peak	-----	O	R/O	R+F	C/O	H/R	O	SL	-----
	November 5-11		3-5	5-7	3-4	4-6H		8-10	17-32
	November 12-18		2-4	4-6	2-3	3-4R		0-2	7-19
	November 19	GG							

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 marathon to gain valuable race experience in dealing with race day nerves.
- Recovery weeks are built in to improve your chances for staying healthy and recover enough for race day.

Training Phases

- Endurance Phase: Main goal is to slowly 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

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- **H = Hill Workout.** After a 2 mile relaxed warm up, do a hilly route at moderate effort 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 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 workout.
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Gobbler Grind Marathon | Level II Schedule

Goal: To finish the Gobbler Grind Marathon within a certain time.

Recommended Background: Average weekly base of 15-40 miles in the last 3 weeks. At least one 6-12 mile run

Phase	Dates	Sun	Mon	Tuesday	Wed	Thursday	Fri	Saturday	Mileage
Strength	-----	R/C/O	C+R	F	C+R	HR	C/O	L/G	-----
	September 10-16	3-5	3-6	5-8F (5-10)	3-6	5-8HR (5-10)		14-18G(6/10-3-5)	24-51
	September 17-23	3-5	3-6	5-8F (7-12)	3-6	5-8HR (7-12)	O	10-14G(4-5-1/5)	20-47
Recovery	September 24-30	2-3	2-4	4-6R	2-4	4-6R		16-20L	24-43
Speed	-----	R/C/O	C+R	S/HR	C+R	T	C/O	L/G	-----
	October 1-7	3-6	3-7	6-9S 4-6X800	3-7	6-9T 2-3x1 Mile		12-16G(4/8-7-1)	24-54
	October 8-14	3-6	3-7	6-9HR (8-16)	3-7	6-9T 2x1.5 Mile	O	18-22G(7-9-2/6)	30-60
Recovery	October 15-21	2-4	2-5	4-7R+HR(4-8)	2-5	4-7R		14-16L	22-44
	October 22-28	3-7	3-8	7-10S 6-8X800	3-7	7-9T 2x2 Mile		20G(7-12-1)	34-61
	Oct. 29 to Nov. 4	3-6	3-7	7-9HR (9-18)	3-6	6-8T (2/4-3-1)	O	14-16G(6-6-2/4)	27-52
Peak	-----	R/O	R/O	S/G	R/O	T/G	O	SL/G	-----
	November 5-11	3-5	3-6	6-8S 4-6X800	3-5	5-7T 2x1 Mile		8-10G (3-4-1/3)	19-41
	November 12-18	2-3	2-4	5-6G 4x800	2-3	4-5G 4X400		0-3	9-24
	November 19	GG							

Please note:

- 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.
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- **L = Long Run.** After a 2 mile warm up, ease into a relaxed to moderate effort (30-90 seconds per mile slower goal pace)
- **F = Fartlek.** 5-8F (6-12) means to warm up a few miles, perform 6-12 pickups where you run at sub 5K race effort for 1 minute followed by a 1-2 minute recovery jog after each and a cool down jog for a total of 5-8 miles.
- **HR = Hill Repeats.** 5-8HR (6-12) means warm up a few miles and then perform 6-12 minutes of pickups on a hill where you run at 5K-10K effort for 1-2 minutes followed by a recovery jog/walk back down. ½ mile cool down.
- **G = Goal Pace Workout.** 14-18G (6/10-4-4) means to warm up and settle in for 6-10 miles, 4 miles at marathon goal pace, 1 mile cool down or a recovery mile with up to 3 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.** 6-9T 2-3x1 Mile means a track workout of two to three 1 mile repeats at 10K pace or 20-40 seconds slower than 5K pace with a 1-3 minute recovery jog in between. With a 2-3 mile warm up and a ½-1 mile cool down, distance is 6-9 miles.
- **S = Speed Workout.** 6-9: 4-6X800 means a track workout of four to six 800 meter repeats from 5K race pace up to 20 seconds per mile faster than 5K pace with a recovery lap after each repeat. With a 2-3 mile warm up and a ½-1 mile cool down, total mileage is 6-9 miles.
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