

## 2. The Level II Schedule

This training plan is designed for runners that may have run a half marathon before or are looking for a good time.

It is a step up in mileage and intensity from the Level I Schedule and is best suited for those who have been running at least 3-4 times for the last 4-6 weeks.

On one of your days off you can do some cross training if you want (such as easy walking, swimming or cycling).

### Letter Codes:

O	Off day	Complete rest. No cross-training. Active recovery such as self massage recommended.
C	Cross-training	Non-weight-bearing aerobic activities such as aqua-jogging, swimming, or cycling. Perform at a conversation effort for 20-40 minutes.
R	Recovery run	Very relaxed effort over flat terrain for short duration followed by extensive stretching routine to loosen up tight spots. Have fun with this one!
SL	Semi-long run	After 2 mile warm-up (very relaxed effort), settle into conversation effort.
L	Long run	After 2 mile warm-up (very relaxed effort), settle into conversation effort.
H	Hilly run	After 2 mile warm up, do a hillier than average route at conversation effort.
/	Or	C/O means to either cross-train or take the day off.

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Phase	Week	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday	Mileage
<b>Endurance</b>		<b>O</b>	<b>R+C</b>	<b>SL</b>	<b>C/O</b>	<b>R</b>	<b>O</b>	<b>L</b>	
	<b>Week 1</b>		2	3		2		4	11
	<b>Week 2</b>		2	3		2		6	13
	<b>Week 3</b>		2	3		3		6	14
Recovery	<b>Week 4</b>		C/O	3		2		6	11
	<b>Week 5</b>		2	4		3		8	17
	<b>Week 6</b>		3	4		3		5.2/O	10-15
	<b>Week 7</b>	8 Mile Event	3/O	4		3		10	20-25
Recovery	<b>Week 8</b>		C/O	3		3		8	14
	<b>Week 9</b>		3	5		3		10.5	21
<b>Strength</b>		<b>O</b>	<b>R+C</b>	<b>SL</b>	<b>C/O</b>	<b>H</b>	<b>O</b>	<b>L</b>	
	<b>Week 10</b>		3	5		4		8	20
Recovery	<b>Week 11</b>	5K Event	C/O	3		4		10	17-20
	<b>Week 12</b>		3	5		4		12	24
	<b>Week 13</b>		3	6		4		8	21
Recovery	<b>Week 14</b>	4 Mile Event	C/O	4		4		10/O	8-22
	<b>Week 15</b>	Event	3/O	6		4		14	27-33
	<b>Week 16</b>		3	4		5		10	22
Taper		<b>O</b>	<b>R/O</b>	<b>R</b>	<b>O</b>	<b>R</b>	<b>O</b>	<b>SL</b>	
	<b>Week 17</b>	5K Event	3/O	4		3		8	15-18
	<b>Week 18</b>		3	4		3		Half Marathon	7-10