

BRAG team

About Our Coaches: KC Express is excited to announce that Helen Wilms is back as Head Coach for the 2017 BRAG Team. Helen is well-known within the KC running community for her extensive experience, her warm and friendly presence, and her professional coaching skills. She will be assisted by KC Express mentors.



kcexpress BRAG TEAM TRAINING OVERVIEW

Week	Long Run/Walk 10K	Long Run/Walk Half
1	3 miles	3 miles
2	3 miles	3 miles
3	4 miles	4 miles
4	4 miles	5 miles
5	4.5 miles	5 miles
6	5 miles	6 miles
7	5 miles	7 miles
8	4 miles	5 miles
9	5.5 miles	7 miles
10	6 miles	8 miles
11	4 miles	9 miles
12	3 miles	8 miles
13	PLAZA 10K	PLAZA 10K or 6 miles
14		10 miles
15		11 miles
16		9 miles
17		12 miles
18		8 miles
19		KC HALF MARATHON
20		GRADUATION PARTY!!!



- Saturday run/walks begin at 6:45 with a brief coach's talk & route review.
- Full program includes recommended weekday run/walks & cross training, plus an optional introduction to speed training.

Learn more & register at: kcexpress.org