



KC EXPRESS.org

BRAG Team

10K AND HALF MARATHON TRAINING FOR BEGINNERS

If you can comfortably run/walk a 5K and you want to do a 10K (6.2 miles) or Half Marathon (13.1 miles), the KC Express BRAG Team is here to help!

When: Saturdays from June 25 - October 15 at 6:45 a.m.

Where: A new location around the metro each month (hang out afterward for coffee, breakfast and conversation)

Cost: \$40 + race entry fees, fee includes:

- Saturday morning group runs/walks with on-course support (water and Gatorade)
- Weekly training plan that safely builds mileage to the 10K or Half Marathon distance
- Women's-cut BRAG team tech t-shirt (breathes and wicks away sweat)
- Connections with new and seasoned runners and walkers
- KC Express membership, including discounts at runner specialty stores

Goal Events: You can train for any race, but our schedule is designed to get you ready for the **Plaza Classic 10K** on 9/11/16 and the **Kansas City Half Marathon** on 10/15/16.

KC Express is a running and walking club for women. If you liked the fun, supportive atmosphere of our Mother's Day 5K, you'll enjoy training with us. Join the KC Express BRAG Team today!



BRAG Team



About Our Coaches: KC Express is excited to announce that the Head Coach for our 2016 BRAG Team is Helen Wilms. Helen is well-known in 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 who are RRCA-certified coaches.

KC EXPRESS BRAG TEAM TRAINING OVERVIEW

Week Long Run/Walk (Half) Long Run/Walk (10K)

1	3 miles	3 miles
2	3 miles	3 miles
3	4 miles	3.5 miles
4	5 miles	4 miles
5	4 miles	4 miles
6	6 miles	5 miles
7	7 miles	5 miles
8	8 miles	4 miles
9	8 miles	5 miles
10	7 miles	6 miles
11	9 miles	3 miles
12	10 miles	PLAZA 10K (9/11/16)
13	11 miles	
14	10 miles	
15	12 miles	
16	8 miles	
17	KC HALF MARATHON (10/15/16)	

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

Learn more and register at kcexpress.org