

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 (Half)	Long Run (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 runs begin at 6:45 with a brief coach's talk and route review
- Full program includes recommended weekday runs and cross training, plus an optional introduction to speed training

Learn more and register at kcexpress.org