

# BRAGteam

**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
<b>13</b>	<b>PLAZA 10K</b>	<b>PLAZA 10K</b> or 6 miles
14		10 miles
15		11 miles
16		9 miles
17		12 miles
18		8 miles
<b>19</b>		<b>KC HALF MARATHON</b>
<b>20</b>		<b>GRADUATION PARTY!!!</b>



- 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](http://kcexpress.org)