



Jan. 2017 / Feb. 2017

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
KEY: E=Easy RPE= Rate of Perceived Exertion						
JAN 29	30	31	FEB 1	2	3	4 Borgess Health & Fitness Center 6 Miles E
5 Active Recovery; Walk or Play for 30 Minutes	6 4 Miles E; Strength Train	7 3.5 Mile Speed: 1 Mile E; 6 x 200 RPE 8.5 w/ 200 Recovery/Repeat; 1 Mile Cool Down	8 4 Miles E	9 3 Miles: 1 Mile at 8 RPE; Strength Train	10 Off/Rest	11 Borgess Health & Fitness Center 8 Miles E
12 Active Recovery; Walk or Play for 30 Minutes	13 5 Miles E; Strength Train	14 4.5 Mile Speed: 1 Mile Warm Up; 5 x 400 RPE 8.5 w/ 400 Recovery; 1 Mile Cool Down	15 6 Miles E	16 4 Miles: 1.5 Miles at RPE 8; Strength Train	17 Off/Rest	18 Borgess Health & Fitness Center 9 Miles E
19 Active Recovery	20 5 Miles E; Strength Train	21 5 Miles Speed: 1 Mile Warm Up; 6 x 400 RPE 8.5 w/ 400 Recovery; 1 Mile Cool Down	22 6 Miles E	23 5 Miles: 2 Miles at RPE 8; Strength Train	24 Off/Rest	25 Woodbridge Hills 10 Miles E
26 Active Recovery	27 5 Miles E; Strength Train	28 5.5 Miles Speed: 1 Mile Warm Up; 7 x 400 RPE 8.5 w/ 400 Recovery; 1				

Half Marathon - Compete

March, 2017



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			1	2	3	4 Woodbridge Hills
KEY: E=Easy RPE= Rate of Perceived Exertion			6 Miles E	5 Miles E: 2 Miles at RPE 8; Strength Train	Off/Rest	8 Miles E
5 Active Recovery; Walk or Play for 30 Minutes	6 4 Miles E; Strength Train	7 4 Miles Speed: 1 Mile Warm Up; 4 x 400 RPE 8.5 w/ 400 Recovery; 1 Mile Cool Down	8 5 Miles E	9 5 Miles: 2 Miles at RPE 8; Strength Train	10 Off/Rest	11 Radisson Hotel/ Gazelle Sports 9 Miles E
12 Active Recovery; Walk or Play for 30 Minutes	13 5 Miles E; Strength Train	14 5 Miles Speed: 1 Mile Warm Up; 3 x 800 RPE 8.5 w/ 800 Recovery; 1 Mile Cool Down	15 6 Miles E	16 5 Miles E; 2 Miles at RPE 8; Strength Train	17 Off/Rest	18 WMU Rec Center 10 Miles E
19 Active Recovery; Walk or Play for 30 Minutes	20 6 Miles E; Strength Train	21 6 Miles Speed: 1 Mile Warm Up; 4 x 800 RPE 8.5 w/ 800 Recovery; 1 Mile Cool Down	22 6 Miles E	23 6 Miles; 2 x 1.5 Miles at RPE of 8; Strength Train	24 Off/ Rest	25 Douglass Community Center 11 Miles E
26 Active Recovery; Walk or Play for 30 Minutes	27 6 Miles E; Strength Train	28 8 Mile Speed: 1 Mile Warm Up; 6 x 800 RPE 8 w/ 800 Recovery; 1 Miles Cool Down	29 7 Miles E	30 5 Miles E; 2 x 1.5 Miles at RPE 8 Strength Train	31 Off/ Rest	

Half Marathon - Compete

April, 2017



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
KEY: E=Easy RPE= Rate of Perceived Exertion						1 Kalamazoo Christian 9 Miles E
2 Active Recovery; Walk or Play for 30 Minutes	3 4 Miles E; Strength Train	4 6 Miles Speed: 1 Mile Warm Up; 4 x 800 RPE 8.5 w/ 800 Recovery; 1 Mile Cool Down	5 6 Miles E	6 5 Miles : 2 x 1.5 Miles at RPE 8; Strength Train	7 Off/Rest	8 Comstock High School 12 Miles E
9 Active Recovery; Walk or Play for 30 Minutes	10 6 Miles E; Strength Train	11 5.75 Miles Speed: 1 Mile Warm Up; 3 x 1200 RPE 8.5 w/ 800 Recovery; 1 Mile Cool Down	12 7 Miles E	13 7 Miles: 2 x 2 Miles at RPE 8; Strength Train	14 Off/Rest	15 Parchment High School 13 Miles E
16 Active Recovery; Walk or Play for 30 Minutes	17 6 Miles E; Strength Train	18 8 Miles Speed: 1 Mile Warm Up; 6 x 800 RPE 8 w/ 800 Recovery; 1 Mile Cool Down	19 7 Miles E	20 6 Miles: 2 x 1 Mile at RPE 8; Strength Train	21 Off/Rest	22 BHFC 10 Miles E
23 Active Recovery 30 Active Recovery	24 6 Miles E; Strength Train	25 5 Miles Speed: 1 Mile Warm Up; 6 x 400 RPE 8.5 w/ 400 Recovery; 1 Mile Cool Down	26 5 Miles E	27 5 Miles: 1.5 Miles at RPE 8; Strength Train	28 Off/Rest	29 BHFC 8 Miles E

Half Marathon - Compete

May, 2017



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	1	2	3	4	5	6
KEY: E=Easy RPE= Rate of Perceived Exertion						
	4 Miles E; Strength Training	3.5 Miles Speed: 1 Mile Warm Up; 3 x 400 RPE 8 w/ 400 Recovery; 1 Mile Cool Down	Active Recovery; Walk or Play for 30 Minutes	4 Miles: 1 Mile RPE 8; Strength Train	Off/ Rest	EXPO
7	8	9	10	11	12	13
14	15	16	17	18	19	20
21	22	23	24	25	26	27
28	29	30	31			

Half Marathon - Compete