

Jan. 2018 / Feb. 2018



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

Half Marathon - Compete

March, 2018



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

Half Marathon - Compete

April, 2018



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

Half Marathon - Compete

May, 2018



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		1	2	3	4	5
KEY: E=Easy RPE= Rate of Perceived Exertion		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
6	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