

# December, 2017



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<b>KEY: E=Easy RPE= Rate of Perceived Exertion</b>						
					1	2
3	4	5	6	7	8	9 Borgess Health & Fitness Center  5 Miles E
10 Active Recovery; Walk or Play for 30 Minutes	11 4 Miles E; Strength Train	12 4 Mile Run; Three 1 min. Pushes During Run	13 Active Recovery; Walk or Play for 30 Minutes	14 4 Miles E; Strength Train	15 Off/Rest	16 Borgess Health & Fitness Center  5 Miles E
17 Active Recovery; Walk or Play for 30 Minutes	18 5 Miles E; Strength Train	19 4 Mile Run; Three 1 min. Pushes During Run	20 Active Recovery; Walk or Play for 30 Minutes	21 4 Miles E; Strength Train	22 Off/Rest	23 (no Saturday Camp)  6 Miles E
24 Active Recovery; Walk or Play for 30 Minutes 31 Active Recovery; Walk or Play for 30	25 Be Merry	26 5 Mile Run; One 30 second push during each mile	27 Active Recovery; Walk or Play for 30 Minutes	28 4 Miles E; Strength Train	29 Off/Rest	30 YMCA Maple Street  5 Miles E

## Half Marathon - Compete

# January, 2018



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
31	1	2	3	4	5	6 Kalamazoo Christian
KEY: E=Easy RPE= Rate of Perceived Exertion						
	Spring Valley Park <b>ONE-ONE RUN</b>	3 Mile Run; One 1 Minute Push through each mile	Active Recovery; Walk or Play for 30 Minutes	4 Miles Easy; Strength Training	Off/Rest	6 Miles E
7  Active Recovery; Walk or Play for 30 Minutes	8  6 Miles Easy; Strength Training	9  4 Mile Run; One 1 Minute push per mile	10  Active Recovery; Walk or Play for 30 Minutes	11  5 Miles Easy; Strength Training	12  Off/Rest	13 Radisson Hotel/ Gazelle Sports  7 Miles E
14  Active Recovery; Walk or Play for 30 Minutes	15  6 Miles E	16  5 Mile Run; One 1 Minute push per mile	17  Active Recovery; Walk or Play for 30 Minutes	18  6 Miles E	19  Off/Rest	20 WMU BTR  7 Miles E
21  Active Recovery; Walk or Play for 30 Minutes	22  6 Miles E	23  6 Mile Run; One 1 min. Push/Mile	24  Active Recovery; Walk or Play for 30 Minutes	25  7 Miles E	26  Off/Rest	27 Lighthouse Community Church  7 Miles E
28  Active Recovery; Walk or Play for 30 Minutes	29  6 Miles E; Strength Train	30  4 Miles Speed 1 Mile Easy; 4 x 400 RPE of 8.5 w/ 400 Recovery per repeat; 1.5 Miles Cool Down	31  6 Mile Run Easy			

## Half Marathon - Compete

# February, 2018



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

## Half Marathon - Compete

# March, 2018



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

## Half Marathon - Compete

# April, 2017



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

## Half Marathon - Compete

# May, 2017



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 Easy: 3 x 400 RPE 8 w/ 400 Recovery/Repeat; 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