

December, 2017



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
KEY: E=Easy RPE= Rate of Perceived Exertion						
					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
KEY: E=Easy RPE= Rate of Perceived Exertion						Kalamazoo Christian
	Spring Valley Park ONE-ONE RUN	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	8	9	10	11	12	13
Active Recovery; Walk or Play for 30 Minutes	6 Miles Easy; Strength Training	4 Mile Run; One 1 Minute push per mile	Active Recovery; Walk or Play for 30 Minutes	5 Miles Easy; Strength Training	Off/Rest	Radisson Hotel/ Gazelle Sports 7 Miles E
14	15	16	17	18	19	20
Active Recovery; Walk or Play for 30 Minutes	6 Miles E	5 Mile Run; One 1 Minute push per mile	Active Recovery; Walk or Play for 30 Minutes	6 Miles E	Off/Rest	WMU BTR 7 Miles E
21	22	23	24	25	26	27
Active Recovery; Walk or Play for 30 Minutes	6 Miles E	6 Mile Run; One 1 min. Push/Mile	Active Recovery; Walk or Play for 30 Minutes	7 Miles E	Off/Rest	Lighthouse Community Church 7 Miles E
28	29	30	31			
Active Recovery; Walk or Play for 30 Minutes	6 Miles E; Strength Train	4 Miles Speed 1 Mile Easy; 4 x 400 RPE of 8.5 w/ 400 Recovery per repeat; 1.5 Miles Cool Down	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 Borgess Health & Fitness Cntr 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 Borgess Health & Fitness Cntr 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 Borgess Health & Fitness Cntr 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 Borgess at Woodbridge 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
KEY: E=Easy RPE= Rate of Perceived Exertion				1 5 Miles: 2 Miles RPE 8; Strength Training	2 Off/Rest	3 Borgess at Woodbridge 8 Miles E
4 Active Recovery; Walk or Play for 30 Minutes	5 4 Miles E; Strength Train	6 4 Miles Speed: 1 Mile Easy; 4 x 400 RPE 8.5 w/ 400 Recovery/Repeat; 1 Mile Cool Down	7 5 Miles E	8 5 Miles: 2 Miles 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 Easy; 3 x 800 RPE 8.5 w/ 800 Recovery/Repeat; 1 Mile Cool Down	14 6 Miles E	15 5 Miles: 2 Miles 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 Easy; 4 x 800 RPE 8.5 w/ 800 Recovery/Repeat; 1 Mile Cool Down	21 5 Miles E	22 6 Miles: 2 x 1.5 Miles RPE 8; Strength Train	23 Off/Rest	24 Parchment High School 10 Miles E
25 Active Recovery; Walk or Play for 30 Minutes	26 6 Miles E; Strength Train	27 8 Miles Speed: 1 Mile Easy; 6 x 800 RPE 8 w/ 800 Recovery/Repeat; 1 Mile Cool Down	28 7 Miles E	29 5 Miles: 2 x 1.5 Miles RPE 8; Strength Train	30 Off/Rest	31 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		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	Kalamazoo Christian 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	Comstock High School 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	Borgess Health & Fitness Center 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	Borgess Health & Fitness Center 8 Miles E
29	30					
Active Recovery; Walk or Play for 30 Minutes	4 Miles Easy; 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 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