

December, 2016



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

Half Marathon - Compete

January, 2017



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

Half Marathon - Compete

February, 2017



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

Half Marathon - Compete

March, 2017



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

Half Marathon - Compete

May, 2017



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	1	2	3	4	5	6
Active Recovery; Walk or Play for 30 Minutes	4 Miles E; Strength Train	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
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