

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 4 Miles E
10 Active Recovery; Walk or Play for 30 minutes	11 Cross Train; Strength Train or Walk	12 4 Mile Run	13 Active Recovery; Walk or Play for 30 minutes	14 3 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 Cross Train; Strength Train, Bike or Swim	19 4 Mile 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 Cross Train; Strength Train, Bike or Swim	26 4 Mile Run	27 Active Recovery; Walk or Play 30 minutes	28 4 Miles E; Strength Train	29 Off/Rest	30 YMCA Maple Street 5 Miles E

Half Marathon - Complete

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	5 Mile Run	Active Recovery; Walk or Play 30 Minutes	4 Miles E; Strength Train	Off/Rest	6 Miles E
7	8	9	10	11	12	13
Active Recovery; Walk or Play for 30 minutes	Cross Train; Strength Train or Walk	5 Mile Run	Active Recovery; Walk or Play for 30 Minutes	5 Miles E; Strength Train	Off/Rest	Radisson Hotel/ Gazelle Sports 7 Miles E
14	15	16	17	18	19	20
Active Recovery; Walk or Play for 30 minutes	Cross Train; Strength Train or Walk	6 Mile Run	Active Recovery; Walk or Play for 30 Minutes	5 Miles E; Strength Train	Off/Rest	WMU BTR 7 Miles E
21	22	23	24	25	26	27
Active Recovery; Walk or Play for 30 Minutes	Cross Train; Strength Training or Walk	6.5 Mile Run	Active Recovery; Walk or Play for 30 Minutes	6 Miles E; Strength Train	Off/Rest	Lighthouse Community Church 8 Miles E
28	29	30	31			
Active Recovery; Walk or Play for 30 minutes	4 Miles Easy; Strength Training or Walk	3.75 Mile Speed 1 Mile Easy; 3 x 200 RPE 8.5 w/ 200 recovery per repeat; 2 Mile Cooldown	Active Recovery; Walk or Play for 30 Minutes			

Half Marathon - Complete

February, 2018



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

Half Marathon - Complete

March, 2018



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
KEY: E=Easy RPE= Rate of Perceived Exertion				1 5 Miles; 1 Mile @ RPE 8; Strength Train	2 Off/Rest	3 Borgess at Woodbridge 7 Miles E
4 Active Recovery; Walk or play for 30 Minutes	5 3 Miles Easy; Strength Train	6 4 Mile Speed 1 Mile Warm Up; 4 x 400 RPE 8.5 w/ 400 Recovery; 1 Miles Cool Down	7 Active Recovery; Walk or Play for 30 Minutes	8 4 Miles; 1.5 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 Easy; Strength Train	13 5 Mile Speed 1 Mile Warm Up; 6 x 400 RPE 8.5 w/ 400 Recovery; 1 Miles Cool Down	14 Active Recovery; Walk or Play for 30 Minutes	15 5 Miles; 1.5 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 5 Miles E; Strength Train	20 5 Mile Speed 1 Mile Warm Up; 3 x 800 RPE 8.5 w/ 800 Recovery; 1 Miles Cool Down	21 Active Recovery; Walk or Play for 30 Minutes	22 5 Miles; 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 6 Mile Speed 1 Mile Warm Up; 4 x 800 RPE 8.5 w/ 800 Recovery; 1 Miles Cool Down	28 Active Recovery; Walk or Play for 30 Minutes	29 6 Miles; 2 Miles @ RPE 8; Strength Train	30 Off/Rest	31 9 Miles E

Half Marathon - Complete

April, 2017



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1	2	3	4	5	6	7
Active Recovery; Walk or Play for 30 Minutes	5 Mile Run; Strength Train	4 Mile Speed 1 Mile Warm Up; 4 x 400 RPE 8.5 w/ 400 Recovery; 1 Miles Cool Down	Active Recovery; Walk or Play for 30 Minutes	5 Miles; 1.5 Miles @ RPE 8; Strength Train	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	10 Mile Speed 1 Mile Warm Up; 4 x 800 Mile RPE 8.5 w/ 800 Recovery; 1 Miles Cool Down	Active Recovery; Walk or Play for 30 Minutes	5 Miles; 2 Miles @ RPE 8; Strength Train	Off/Rest	Comstock High School 11.5 Miles E
15	16	17	18	19	20	21
Active Recovery; Walk or Play for 30 Minutes	5 Miles Easy; Strength Train	6 Mile Speed 1 Mile Warm Up; 4 x 800 RPE 8.5 w/ 800 Recovery; 1 Miles Cool Down	Active Recovery; Walk or Play for 30 Minutes	6 Miles; 2 Miles @ RPE 8; Strength Train	Off/Rest	Borgess Health & Fitness Center 9 Miles E
22	23	24	25	26	27	28
Active Recovery; Walk or Play for 30 Minutes	5 Miles E; Strength Train	4 Mile Speed 1 Mile Warm Up; 4 x 400 RPE 8.5 w/ 400 Recovery; 1 Miles Cool Down	Active Recovery; Walk or Play for 30 Minutes	5 Miles; 1.5 Miles @ RPE 8; Strength Train	Off/Rest	Borgess Health & Fitness Center 7 Miles E
29	30					
Active Recovery; Walk or Play for 30 Minutes	4 Miles Easy; Strength Train					

Half Marathon - Complete

May, 2017



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		1	2	3	4	5
KEY: E=Easy RPE= Rate of Perceived Exertion		3.25 Mile Speed 1 Mile Warm Up; 5 x 200 RPE 8 w/ 200 Recovery; 1 Miles Cool Down	Active Recovery; Walk or Play for 30 Minutes	3 Miles E	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 - Complete