

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 4 Miles E
11 Active Recovery; Walk or Play for 30 minutes	12 Cross Train; Strength Train or Walk	13 4 Mile Run	14 Active Recovery; Walk or Play for 30 minutes	15 3 Miles E; Strength Train	16 Off/Rest	17 Borgess Health & Fitness Center 4 Miles E
18 Active Recovery; Walk or Play for 30 minutes	19 Cross Train; Strength Train or Walk	20 4 Mile Run	21 Active Recovery; Walk or Play for 30 minutes	22 4 Miles E; Strength Train	23 Be Merry	24 (no Saturday Camp) 5 Miles E
25 Active Recovery; Walk or Play for 30 minutes	26 Cross Train; Strength Train, Bike or Swim	27 4 Mile Run	28 Active Recovery; Walk or Play 30 minutes	29 4 Miles E; Strength Train	30 Off/Rest	31 YMCA Maple Street 5 Miles E

Half Marathon - Complete

January, 2017



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1	2	3	4	5	6	7
KEY: E=Easy RPE= Rate of Perceived Exertion						Kalamazoo Christian
Spring Valley Park ONE-ONE RUN	Cross Train; Strength Train or Walk	4 Mile Run	Active Recovery; Walk or Play 30 Minutes	4 Miles E; Strength Train	Off/Rest	6 Miles E
8	9	10	11	12	13	14
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	4 Miles E; Strength Train	Off/Rest	Radisson Hotel/ Gazelle Sports 5 Miles E
15	16	17	18	19	20	21
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	WMU BTR 6 Miles E
22	23	24	25	26	27	28
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	Lighthouse Community Church 7 Miles E
29	30	31				
Active Recovery	4 Miles E; Strength Train or Walk	2.75 Miles Speed: 1 Mile E; 3 x 200 RPE 8.5 w/ 200 Recovery/repeat; 1 Mile Cool-Down				

Half Marathon - Complete

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			Active Recovery; Walk or Play for 30 Minutes	5 Miles: 1 Mile RPE 8; Strength Train	Off/Rest	5 Miles E
5	6	7	8	9	10	11 Borgess Health & Fitness Cntr
Active Recovery; Walk or play for 30 Minutes	4 Miles E; Strength Train	3 Miles Speed: 1 Mile Easy; 4 x 200 RPE 8.5 w/ 200 Recov./repeat; 1 Mile Cool-Down	Active Recovery; Walk or play for 30 Minutes	4 Miles: 1 Mile RPE 8; Strength Train	Off/Rest	5 Miles E
12	13	14	15	16	17	18 Borgess Health & Fitness Cntr
Active Recovery; Walk or play for 30 Minutes	3 Miles E; Strength Train	3.5 Miles Speed: 1 Mile Warm-Up; 6 x 200 RPE 8.5 w/200 Recovery; 1 Mile Cool-Down	Active Recovery; Walk or play for 30 Minutes	5 Miles: 1 Mile RPE 8; Strength Train	Off/Rest	7 Miles E
19	20	21	22	23	24	25 Borgess at Woodbridge
Active Recovery; Walk or play for 30 Minutes	4 Miles E; Strength Train	3.5 Miles Speed: 1 Mile Warm-Up; 6 x 200 RPE 8.5 w/ 200 Recovery; 1 Mile Cool-Down	Active Recovery; Walk or play for 30 Minutes	4 Miles: 1 Mile RPE 8; Strength Train	Off/Rest	8 Miles E
26	27	28				
Active Recovery; Walk or play for 30 Minutes	5 Miles E; Strength Train	3.5 Miles Speed: 1 Mile Warm-Up; 3 x 400 RPE 8.5 w/ 400 Recovery; 1 Mile Cool-Down				

Half Marathon - Complete

March, 2017



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

Half Marathon - Complete

April, 2017



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

Half Marathon - Complete

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	3.25 Miles Speed: 1 Mile Warm-Up; 5 x 200 RPE 8 w/ 200 Recovery; 1 Mile Cool Down	Active Recovery; Walk or Play for 30 Minutes	3 Miles E	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 - Complete