

January 2017

GRRC Mentor Group 25K RBR Training Schedule (January – May 2017)

[Contact Francine at GRRCMentorGroup@aol.com with any questions.]

Warm up and stretch lightly before beginning each run.

Sunday (RE) ¹	Monday ²	Tuesday	Wednesday ²	Thursday ²	Friday ³	Saturday
JANUARY 1	2	3	4	5	6	JBP Zoo 7
HAPPY NEW YEAR!	Beg: 2 miles Inter.: 2 miles		Beg: 2 miles Inter.: 2 miles	Beg: 2 miles Inter.: 2 miles		Beginners – 2 mi. Inter: – 3 miles
8	9	10	11	12	13	JBP Zoo 14
Rest or RE	Beg: 2 miles Inter.: 2 miles			RBR KICKOFF; CRAIG'S CRUISERS 5730 Clyde Park SW Wyoming, MI (5:30-7:30pm)		Beginners – 2 mi. Inter: – 3 miles
15	16	17	18	19	20	JBP Zoo 21
Rest or RE	Beg: 2 miles Inter.: 2.5 miles		Beg: 2.5 miles Inter.: 3 miles			Beginners – 2.5 mi. Inter: – 4 miles
22	23	24	25	26	27	JBP Zoo 28
Rest or RE	Beg: 2 miles Inter.: 2.5 miles		Beg: 2.5 miles Inter.: 3 miles	Beg: 2 miles Inter.: 2.5 miles		Beginners – 3.5 mi. Inter: – 5 miles
29	30	31	FEBRUARY 1	2	3	JBP Zoo FEB. 4
Rest or RE	Beg: 2.5 miles Inter.: 3 miles		Beg: 3 miles Inter.: 4 miles	Beg: 2.5 miles Inter.: 3 miles		Beginners – 4.5 mi Inter: – 6 miles

¹ RE: On Sundays, Rest or Run **Easy** (2-3 miles at first; 3-4 miles later in your training).

² In your first two months of training, plan on running on **three weekdays** in addition to your weekend long run. Run on days that are most convenient for **your** schedule. This schedule shows your weekday runs on **Monday, Wednesday, and Thursday**; however, **you** pick the days that work best for you. A slight increase in mileage one day a week (usually mid-week) will help build endurance. *Listen to your body.* If you're tired on a given day, run shorter than what is scheduled; conversely, if you're feeling strong, push yourself a little. **Beginning in March, consider increasing your weekday training runs to four days to help build endurance.** (For example, on this schedule, I added Tuesdays as the fourth optional day in March and April). If you do add a fourth day, make sure you **run easy**. You may also choose an easy cross-training activity on this day.

³ On Fridays, it is beneficial to rest before your Saturday long run; however, a leisurely walk, easy bike workout, or a gentle yoga class is OK if you want some form of exercise.



February 2017

GRRC Mentor Group 25K RBR Training Schedule (January – May 2017)

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Warm up and stretch lightly before beginning each run.

Sunday (RE) ¹	Monday ²	Tuesday	Wednesday ²	Thursday ²	Friday ³	Saturday
JANUARY 29	30	31	FEBRUARY 1	2	3	JBP Zoo 4
Rest or RE	Beg: 2.5 miles Inter.: 3 miles		Beg: 3 miles Inter.: 4 miles	Beg: 2.5 miles Inter.: 3 miles		Beginners – 4.5 mi Inter: – 6 miles
5	6	7	8	9	10	JBP Zoo 11
Rest or RE	Beg: 2.5 miles Inter.: 3 miles		Beg: 3 miles Inter.: 4 miles	Beg: 2.5 miles Inter.: 3 miles		Beginners – 4 mi Inter: – 5 miles
12	13	14	15	16	17	JBP Zoo 18
Rest or RE	Beg: 3 miles Inter.: 4 miles		Beg: 3 miles Inter.: 4 miles	Beg: 3 miles Inter.: 4 miles		Beginners – 5.5 mi Inter: – 7 miles
19	20	21	22	23	24	JBP Zoo 25
Rest or RE	Beg: 3 miles Inter.: 4 miles		Beg: 4 miles Inter.: 5 miles	Beg: 3 miles Inter.: 4 miles		Beginners – 6.5 mi Inter: – 8 miles
26	27	28	March 1	2	3	<i>*NOTE LOCATION*</i> 4
Rest or RE	Beg: 3 miles Inter.: 4 miles		Beg: 4 miles Inter.: 5 miles	Beg: 3 miles Inter.: 4 miles		ROBINETTE'S** Beginners – 7 mi. Inter: – 8 miles



¹RE: On Sundays, Rest or Run Easy (2-3 miles at first; 3-4 miles later in your training).

²In your first two months of training, plan on running on **three weekdays** in addition to your weekend long run. Run on days that are most convenient for **your** schedule. This schedule shows your weekday runs on **Monday, Wednesday, and Thursday**; however, **you** pick the days that work best for you. A slight increase in mileage one day a week (usually mid-week) will help build endurance. *Listen to your body.* If you're tired on a given day, run shorter than what is scheduled; conversely, if you're feeling strong, push yourself a little. **Beginning in March, consider increasing your weekday training runs to four days to help build endurance. (For example, on this schedule, I added Tuesdays as the fourth optional day in March and April).** If you do add a fourth day, make sure you **run easy**. You may also choose an easy cross-training activity on this day.

³On Fridays, it is beneficial to rest before your Saturday long run; however, a leisurely walk, easy bike workout, or gentle yoga class is OK if you want some form of exercise.

March 2017

GRRC Mentor Group 25K RBR Training Schedule (January – May 2017)

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Warm up and stretch lightly before beginning each run.

Sunday (RE) ¹	Monday ²	Tuesday	Wednesday ²	Thursday ²	Friday ³	Saturday
FEBRUARY 26	27	28	March 1	2	3	<i>*NOTE LOCATION*</i> 4
	Beg: 3 miles Inter.: 4 miles		Beg: 4 miles Inter.: 5 miles	Beg: 3 miles Inter.: 4 miles		ROBINETTE'S** Beginners – 7 mi. Inter: – 8 miles
5	6	7	8	9	10	JBP Zoo 11
	Beg: 3 miles Inter.: 4 miles	Optional: Run Easy 2-3 miles	Beg: 4 miles Inter.: 5 miles	Beg: 3 miles Inter.: 4 miles		Beginners – 8 mi. Inter: – 10 miles
12	13	14	15	16	17	JBP Zoo 18
	Beg: 3 miles Inter.: 4 miles	Optional: Run Easy 2-3 miles	Beg: 4 miles Inter.: 5 miles	Beg: 3 miles Inter.: 4 miles		Beginners – 7 mi. Inter: –9 miles
19	20	21	22	23	24	JBP Zoo 25
	Beg: 4 miles Inter.: 5 miles	Optional: Run Easy 2-3 miles	Beg: 5 miles Inter.: 6 miles	Beg: 4 miles Inter.: 5 miles		Beginners – 9 mi. Inter: – 11 miles -OR- Kent City Ridge Run 15K ^{##} (9.3 miles)
26	27	28	29	30	31	JBP Zoo APRIL 1
	Beg: 4 miles Inter.: 5 miles	Optional: Run Easy 2-3 miles	Beg: 5 miles Inter.: 6 miles	Beg: 4 miles Inter.: 5 miles		Beginners – 10 mi. Inter: – 12 miles



^{1, 2, 3} See January and February calendars for footnotes.

** **TRAINING RUN ON 3/4/17:** Held at Robinette's Apple Haus, 3142 Four Mile Rd NE (Four Mile west of the E. Beltline), 9 a.m. start time.


^{##} Conquer "Jill's Hills" at the Kent City Ridge Run, Kent City High School – 3/25/17 @ 9:30 a.m.

April 2017

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Warm up and stretch lightly before beginning each run.


Sunday (RE) ¹	Monday ²	Tuesday	Wednesday ²	Thursday ²	Friday ³	Saturday
MARCH 26	27	28	29	30	31	JBP Zoo April 1
	Beg: 4 miles Inter.: 5 miles	Optional: Run Easy 2-3 miles	Beg: 5 miles Inter.: 6 miles	Beg: 4 miles Inter.: 5 miles		Beginners – 10 mi Inter: – 12 miles
2	3	4	5	6	7	JBP Zoo 8
	Beg: 5 miles Inter.: 5 miles	Optional: Run Easy 3-4 miles	Beg: 5 miles Inter.: 6 miles	Beg: 4 miles Inter.: 5 miles		Beginners – 11 mi. Inter: – 13 miles
9	10	11	12	13	14	JBP Zoo 15
	Beg: 5 miles Inter.: 5 miles	Optional: Run Easy 3-4 miles	Beg: 5 miles Inter.: 6 miles	Beg: 5 miles Inter.: 5 miles		Beginners – 12 mi. Inter: – 14 miles
16	17	18	19	20	21	JBP Zoo 22
	Beg: 5 miles Inter.: 5 miles	Optional: Run Easy 3-4 miles	Beg: 4 miles Inter.: 5 miles	Beg: 4 miles Inter.: 5 miles		Beginners – 10 mi. Inter: – 11 miles -OR- STRIDER'S CLASSIC ⁴ (10 miles)
23	24	25	26	27	28	*Note location* 29
Gazelle Girl Half-Marathon ⁵ (13.1 mi.) option today in lieu of Saturday run on 4/22/16	Beg: 4 miles Inter.: 5 miles	Optional: Run Easy 2-3 miles	Beg: 4 miles Inter.: 5 miles	Beg: 4 miles Inter.: 4 miles		<u>Downtown – “Practice Run” on 25K Course⁶</u> 15.5 miles
	^{1, 2, 3} See January and February calendars for footnotes. ⁴ Strider's 10-Mile Run held at Covenant Christian High School, 1401 Ferndale Ave SW, Grand Rapids, MI 49534 (4/22/17, 8 a.m.) ⁵ Gazelle Girl Half-Marathon at Calder Plaza, 250 Monroe Ave. NW, Grand Rapids, MI 49503 (Ladies--keep in mind this half-marathon is only <u>six days</u> before we do the 25K practice run on the RBR course; if you run Gazelle Girl, consider a shorter distance on 4-29-17.) ⁶ Meet at Monroe and Lyon St. and run the actual course on 4-29-17.					

May 2017

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Warm up and stretch lightly before beginning each run.

Sunday (RE) ¹	Monday ²	Tuesday	Wednesday ²	Thursday ²	Friday ³	Saturday
APRIL 30	MAY 1	2	3	4	5	JBP Zoo MAY 6
REST & RECOVER-- You earned it. And now you know you're ready!	Beg: 4 miles Inter.: 5 miles	Optional: Run Easy 2-3 miles	Beg: 4 miles Inter.: 5 miles	Beg: 4 miles Inter.: 4 miles		Beginners – 6 mi. Inter: – 8 miles
7	8	9	10	11	12	RACE DAY!! 13
Taper week	Beg: 3 miles Inter.: 4 miles		Beg: 3 miles Inter.: 4 miles	Beg: 3 miles Inter.: 3 miles	Sports & Fitness Expo 11 am – 8 p.m. @ Celebration! Cinema Welcome Ctr., DeVos Place, 303 Monroe NW	SEE YOU AT THE FINISH LINE!!!!
	^{1, 2, 3} See January and February calendars for footnotes.					