

# January 2012

GRRC Mentor Group 25K RBR Training Schedule (January – May 2012)  
 [Contact Francine at [GRRCMentorGroup@aol.com](mailto:GRRCMentorGroup@aol.com) with any questions.]

Sunday (RE) <sup>1</sup>	Monday <sup>2</sup>	Tuesday	Wednesday <sup>2</sup>	Thursday <sup>2</sup>	Friday <sup>3</sup>	Saturday
January 1	2	3	4	5	6	JBP Zoo 7
HAPPY NEW YEAR!						Beginners – 2 mi. Inter: – 3 miles
8	9	10	11	12	13	JBP Zoo 14
Rest or RE	Beg: 2 miles Inter.: 2 miles		Beg: 2 miles Inter.: 2 miles	RBR KICKOFF; CRAIG'S CRUISERS 5730 Clyde Park SW Wyoming, MI (5-7 P.M.)		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 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				
Rest or RE	Beg: 2.5 miles Inter.: 3 miles					

<sup>1</sup>RE: On Sundays, Rest or Run **Easy** (2-3 miles at first; 3-4 miles later in your training).  
<sup>2</sup> 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.  
<sup>3</sup> On Fridays, it is beneficial to rest before your Saturday long run; however, a leisurely walk or easy bike ride is OK if you want some form of exercise.

# February 2012

GRRC Mentor Group 25K RBR Training Schedule (January – May 2012)

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Sunday (RE) <sup>1</sup>	Monday <sup>2</sup>	Tuesday	Wednesday <sup>2</sup>	Thursday <sup>2</sup>	Friday <sup>3</sup>	Saturday
	January 30	January 31	February 1	2	3	JBP Zoo 4
Rest or RE	Beg: 2.5 miles Inter.: 3 miles		Beg: 3 miles Inter.: 4.5 miles	Beg: 2.5 miles Inter.: 3.5 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.: 5 miles	Beg: 3 miles Inter.: 4 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: 4 miles Inter.: 5 miles	Beg: 3 miles Inter.: 4 miles		Beginners – 6 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 – 7 mi. Inter: – 8 miles
26	27	28	29			
Rest or RE	Beg: 3 miles Inter.: 4 miles		Beg: 4 miles Inter.: 5 miles			

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

<sup>2</sup>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.

<sup>3</sup>On Fridays, it is beneficial to rest before your Saturday long run; however, a leisurely walk or easy bike ride is OK if you want some form of exercise.

# March 2012

GRRC Mentor Group 25K RBR Training Schedule (January – May 2012)

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

<sup>1,2,3</sup> See January and February calendars for footnotes.

\*\* TRAINING RUN ON 3/3/12: Will be at Robinette's Apple Haus, 3142 Four Mile Rd. NE (on 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 – 9:30 a.m.

# April 2012

GRRC Mentor Group 25K RBR Training Schedule (January – May 2012)

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Sunday (RE) <sup>1</sup>	Monday <sup>2</sup>	Tuesday	Wednesday <sup>2</sup>	Thursday <sup>2</sup>	Friday <sup>3</sup>	Saturday
April 1	2	3	4	5	6	JBP Zoo 7
	Beg: 4 miles Inter.: 5 miles	Optional: Run Easy 2-3 miles	Beg: 5 miles Inter.: 6 miles	Beg: 4 miles Inter.: 5 miles		GRRC Prediction Run <sup>4</sup> Beginners – 12 mi. Inter: – 13 miles
8	9	10	11	12	13	JBP Zoo 14
	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 – 13 mi. Inter: – 14 miles
15	16	17	18	19	20	JBP Zoo 21
	Beg: 5 miles Inter.: 5 miles	Optional: Run Easy 3-4 miles	Beg: 5 miles Inter.: 6 miles	Beg: 5 miles Inter.: 5 miles		Meet at the Zoo -or- STRIDER'S RUN <sup>5</sup> Beginners – 10 mi. Inter: – 10 miles
22	23	24	25	26	27	*Note location* 28
	Beg: 5 miles Inter.: 5 miles	Optional: Run Easy 3-4 miles	Beg: 5 miles Inter.: 5 miles	Beg: 4 miles Inter.: 4 miles		<u>Downtown – Run Course<sup>6</sup></u> 15.5 miles
29	30					
REST & RECOVER-- You earned it. And now you know you're ready!	Beg: 4 miles Inter.: 5 miles					

<sup>1,2,3</sup> See January and February calendars for footnotes.

<sup>4</sup> The Prediction Run will be held in conjunction with the Saturday long training run. More information will be provided later.

<sup>5</sup> Strider's 10-Mile Run held at Covenant Christian High School, 1401 Ferndale Ave SW, Grand Rapids, MI 49534

<sup>6</sup> Meet at Monroe and Lyon St. and run the actual course.

# May 2012

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Sunday (RE) <sup>1</sup>	Monday <sup>2</sup>	Tuesday	Wednesday <sup>2</sup>	Thursday <sup>2</sup>	Friday <sup>3</sup>	Saturday
April 29	30	May 1	2	3	4	JBP Zoo 5
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 – 8 mi. Inter: – 8 miles
6	7	8	9	10	11	RACE DAY!! 12
Taper week	Beg: 3 miles Inter.: 4 miles		Beg: 3 miles Inter.: 4 miles	Beg: 3 miles Inter.: 3 miles	Sports & Fitness Expo 11 a.m. – 8 p.m. @ DeVos Place, 245 Monroe NW	SEE YOU AT THE FINISH LINE!!!!

<sup>1,2,3</sup> See January and February calendars for footnotes.