





2015 Safari Half Marathon & Marathon Training

Runs begin at 7:00 am



Week	Date	Adventure Begins	Full Low Intensity	Full Moderate Intensity	Full High Intensity	Half Low Intensity	Half Moderate Intensity	Half High Intensity	Hydration/SAG	Food	Professionals	Clinics
1	27-Jun	Bronson Gilmore/GZ	6 Miles E	7 miles E	10 Miles E	5 Miles E	6 Miles E	8 Miles E	GZ	Bronson		
2	4-Jul	NO MEETING	7 Miles E	8 miles E	12 Miles E	6 Miles E	7 Miles E	9 Miles E				
3	11-Jul	BAC	8 Miles E	10 Miles E	14 Miles E	7 Miles E	8 Miles E	10 Miles E	GZ	Bronson		Functional Mvmt Screens
4	18-Jul	Lodo's	10 Miles E	11 Miles E	10 miles P	8 Miles E	9 Miles E	11 Miles E	GZ	Bronson		
5	25-Jul	Bronson Gilmore/GZ	8 Miles P	8 Miles P	16 Miles E	9 Miles E	8 Miles P	8 Miles P	KAR	KAR		
6	1-Aug	Kalamazoo Nature Center	11 Miles E	12 Miles E	18 Miles E	10 Miles E	10 Miles E	12 Miles E	GZ	Bronson		
7	8-Aug	Bicentennial Trail	13 Miles E	8 Miles E	13 Miles P	7 Miles P	7 Miles E	13 Miles E	KAR	KAR		
8	15-Aug	Java Joint in Mattawan	14 Miles E	16 Miles E	20 Miles E	8 Miles E	12 Miles E	14 Miles E	GZ	Java Joint		
9	22-Aug	Gull Lake	15 Miles E	17 Miles E	16 Miles E	11 Miles E	13 Miles E	15 Miles E	GZ	Bronson		
10	29-Aug	Kalamazoo Nature Center	16 Miles E	18 Miles E	18 Miles E	12 Miles E	14 Miles E	12 Miles E	GZ	Bronson		
11	5-Sep	Plainwell Community Center	12 Miles E	12 Miles E	20 Miles E	8 Miles E	8 Miles E	13 Miles E	KAR	KAR		
12	12-Sep	Bronson Gilmore/GZ	16 Miles E	20 Miles E	20 Miles E	10 Miles E	8 Miles P	14 Miles E	GZ	Bronson		
13	19-Sep	Portage YMCA	18 Miles E	12 Miles P	13 Miles P	11 Miles E	12 Miles E	11 Miles P	GZ	Bronson		
14	26-Sep	The Centerpoint Church	20 Miles E	20 Miles E	22 Miles E	13 Miles E	15 Miles E	15 Miles E	GZ	Bronson		
15	3-Oct	Gazelle	10 Miles E	12 Miles E	14 Miles E	8 Miles E	9 Miles E	10 Miles E	KAR	KAR		
16	10-Oct	Lodo's	6 Miles E	8 Miles E	10 Miles E	6 Miles E	7 Miles E	8 Miles E	GZ	Lodo's/Bronson		
	11-Oct	Chicago Marathon										
17	17-Oct	Your Choice!	Rest	20 min run/rest	20 min run/rest	Rest	20 min run/rest	20 min run/rest				
	18-Oct	Grand Rapids Marathon										
		 	L=Long	P=Pace	T=Tempo	C=Chicago	GR=Grand Rapids					