



2026 SUMMER BEYOND HALF AND FULL MARATHON TRAINING PROGRAM SNAPSHOT SCHEDULE

GRAND RAPIDS AND DETROIT HALF AND FULL MARATHON

Saturday Morning Marathon Training Runs Begin at 7:00am before Labor Day and 7:30 after Labor Day

Week	Date	Launch Site	Low Intensity		Moderate Intensity		High Intensity	
			Full Marathon	Half Marathon	Full Marathon	Half Marathon	Full Marathon	Half Marathon
1	<i>Jul-11-26</i>	The Radisson	6 Miles E	5 Mile E	10 Miles E	6 Miles L	12 Miles E	8 Miles L
2	<i>Jul-18-26</i>	Gazelle Sports	8 Miles E	6 Miles L	12 Miles E	7 Miles L	14 Miles E	9 Miles L
3	<i>Jul-25-26</i>	The Mitten	10 Miles E	7 Miles L	14 Miles E	8 Miles L	16 Miles E	10 Miles L
4	<i>Aug-1-26</i>	Calvary Church	12 Miles E	8 Miles L	16 Miles E	9 Miles L	18 Miles E	12 Miles L
5	<i>Aug-8-26</i>	Consumers Credit Union	1 Mile E, 6 Miles P, 1 Mile E	1 Mile E, 4 Miles P, 1 Mile E	1 Mile E, 8 Miles P, 1 Mile E	1 Mile E, 6 Miles P, 1 Mile E	1 mile E, 10 Miles P, 1 Mile E	1 mile E, 7 Miles P, 1 Mile E
6	<i>Aug-15-26</i>	Hope Church	14 Miles E	9 Miles L	18 Miles E	10 Miles L	20 Miles E	13 Miles L
7	<i>Aug-22-26</i>	St. Luke's Church	16 Miles E	10 Miles L	12 Miles E	12 Miles L	15 Miles E	8 Miles L
8	<i>Aug-29-26</i>	Third Reformed Church	1 Mile E, 8 Miles P, 1 Mile E	1 Mile E, 6 Miles P, 1 Mile E	1 Mile E, 10 Miles P, 1 Mile E	1 Mile E, 7 Miles P, 1 Mile E	1 Mile E, 12 Miles P, 1 Mile E	1 Mile E, 8 Miles P, 1 Mile E
9	<i>Sep-5-26</i>	Richland Park	18 Miles E	12 Miles L	20 Miles E	13 Miles L	20 Miles L	14 Miles L
10	<i>September 12</i>	Maple Street YMCA * Start time changes to 7:30	12 Miles E	8 Miles L	14 Miles E	10 Miles L	15 Miles L	10 Miles L
11	<i>Sep-19-26</i>	Gazelle Sports	1 Mile E, 10 Miles P, 1 Mile E	1 Mile E, 7 Miles P, 1 Mile E	1 Mile E, 12 Miles P, 1 Mile E	1 Mile E, 8 Miles P, 1 Mile E	1 Mile E, 13 Miles P, 1 Mile E	1 Mile E, 10 Miles P, 1 Mile E
12	<i>Sep-26-26</i>	Battle Creek Community Church	20 Miles E	13 Miles L	20 Miles E	14 Miles L	22 Miles E	15 Miles L
13	<i>Oct-3-26</i>	St. Ambrose Church	13 Miles E	8 Miles L	14 Miles E	9 Miles L	15 Miles E	10 Miles L
14	<i>Oct-10-26</i>	The Mitten	6 Miles E	5 Miles E	8 Miles E	7 Miles L	10 Miles E	8 Miles L
	<i>Oct-11-26</i>	<i>Chicago Marathon</i>						
	<i>Oct-18-26</i>	<i>Grand Rapids and Detroit Marathon</i>						

