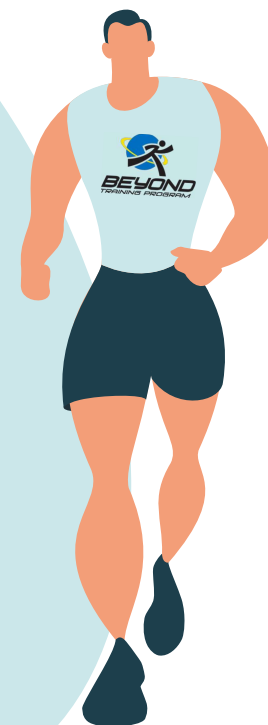


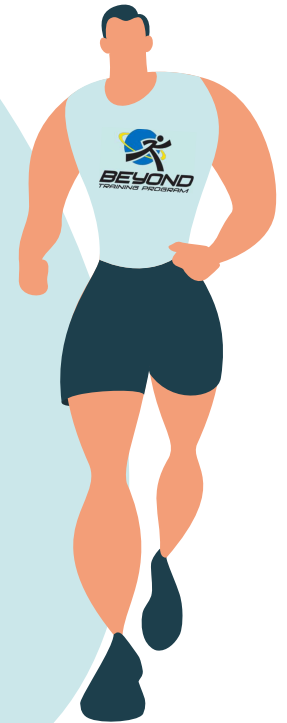


# Winter Beyond 2024

Kalamazoo Area Runners



# Thank you!






# Info Night Agenda



**01**

## Experience Beyond


What can you expect when you train with Beyond?



**02**

## Training Schedules


What training schedules are included in your registration fee?



**03**

## Winter Running



Yes, we run in all weather!  
How can you best dress?



**04**

## Questions

Save your questions for the end! We'll be ready for them.



# Experience Beyond





## **SATURDAY MORNINGS**

Beyond will host a Saturday morning run every Saturday between January 6 - April 27. These runs include support from a team leader, hydration, and support and gear (SAG).



## **OUTSIDE TRAINING**

You will have access to several different training schedules to help you train through the week for your race. Participation in KAR group runs is encouraged, or join someone on your team for a midweek run if you don't want to run alone!

## **KAR GROUP RUNS**

Sundays @ 3 p.m. - Battle Creek YMCA

Wednesdays @ 6 p.m. - Celery Flats,  
Portage

Thursdays @ 6 p.m. - Richland Town  
Square



# Training Schedules





### **Low Intensity Half**

5 runs per week.  
Starting Distance: 5 Miles



### **Moderate Intensity Half**

5 runs per week.  
Starting Distance: 6 Miles



### **High Intensity Half**

6 runs per week.  
Starting Distance: 8 Miles



### **Low Intensity Marathon**

5 runs per week.  
Starting Distance: 6 Miles



### **Moderate Intensity Marathon**

5 runs per week.  
Starting Distance: 10 Miles



### **High Intensity Marathon**

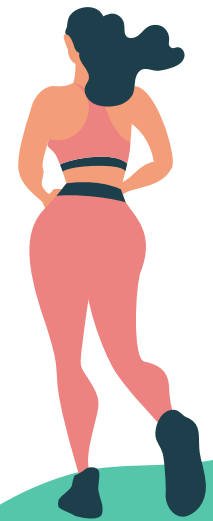
6 runs per week.  
Starting Distance: 12 Miles



# Training Schedule Snapshot

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
4 Miles E	Rest or Cross Train	4 Miles E	5 Miles E	Rest or Cross Train	4 Miles E with 4 Stride-outs	10 Miles L
4 Miles E	Rest or Cross Train	1 Mile E, 6 x 400m CI with 400m rec., 1 Mile E	6 Miles L	Rest or Cross Train	4 Miles E with 4 Stride-outs	12 Miles L
4 Miles E	Rest or Cross Train	1 Mile E, 6 x 600m CI with 400m rec., 1 Mile E	7 Miles L	Rest or Cross Train	4 Miles E with 4 Stride-outs	14 Miles L
4 Miles E	Rest or Cross Train	1 Mile E, 6 x Moderate Hill w/jog down rec., 1 Mile E	8 Miles L	Rest or Cross Train	4 Miles E with 4 Stride-outs	16 Miles L
4 Miles E	Rest or Cross Train	1 Mile E, 6 x 800m with 400m rec., 1 Mile E	5 Miles E	Rest or Cross Train	4 Miles E with 4 Stride-outs	1 Mile E, 8 Miles P, 1 Mile E
4 Miles E	Rest or Cross Train	1 mile E, 5 x 1000m CI with 400m rec., 1 Mile E	9 Miles L	Rest or Cross Train	4 Miles E with 4 Stride-outs	18 Miles L
5 Miles E	Rest or Cross Train	1 Mile E, 6 x Moderate Hill w/jog down rec., 1 Mile E	9 Miles L	Rest or Cross Train	4 Miles E with 4 Stride-outs	12 Miles L
5 Miles E	Rest or Cross Train	1 Mile E, 4 x 1200m CI with 400m recovery, 1 Mile E	9 Miles L	Rest or Cross Train	4 Miles E with 4 Stride-outs	1 Mile E, 10 Miles P, 1 Mile E

E = Easy Run; L = Long Run; T= Tempo Run; TI = Tempo Interval; CI= Cruise Interval; P=Marathon Pace Run; SW= Speed Workout (Long Distance Runner); S=Stride Outs; D= Declines  
 Visit [www.mcmillanrunning.com](http://www.mcmillanrunning.com) and use the McMillan Running Calculator to generate a personal report and determine appropriate training paces



# Winter Running



# Winter Workout Layering Guide



Temperature	Base Layer	Insulating Layer	Protective Layer	Accessories
> 50°F > 10°C	 Short-Sleeved Shirt   Shorts	None	None	None
40° to 50°F 4° to 10°C	 Long-Sleeved Shirt   Cropped or Full-Length Pants	 Light Sweatshirt (optional)	None	None
30° to 40°F -1° to 4°C	 Long-Sleeved Shirt   Pants or Tights	 Sweatshirt or Fleece	None	 Light Gloves   Ear Warmers
20° to 30°F -6° to -1°C	 Long-Sleeved Shirt   Tights (optional)	 Fleece   Pants	 Lightweight Jacket	 Hat   Heavier Gloves
< 20°F < -6°C	 Long-Sleeved Shirt   Tights	 Fleece   Pants	 Lightweight Jacket	 Hat   Two Pairs of Gloves   Neck Gaiter



# Questions



**Register Now!**

