

Jan. 2018 / Feb. 2018



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
JAN 28	29	30	31	FEB 1	2	3 Borgess Health & Fitness Center
KEY: E=Easy RPE= Rate of Perceived Exertion						
						3 Miles E
4 Active Recovery; Walk or Play for 30 Minutes	5 2 Miles Easy; Strength Train	6 Active Recovery; Strength Train	7 3 Mile Run Easy	8 Active Recovery	9 Off/Rest	10 Borgess Health & Fitness Center 4 Miles E
11 Active Recovery; Walk or Play for 30 Minutes	12 3 Miles Easy; Strength Train	13 Active Recovery; Strength Train	14 4 Mile Easy Run	15 Active Recovery	16 Off/Rest	17 Borgess Health & Fitness Center 4 Miles Easy
18 Active Recovery; Walk or Play for 30 Minutes	19 3 Miles Easy; Strength Train	20 Active Recovery	21 4 Miles E	22 2 Miles Easy	23 Off/Rest	24 Woodbridge Hills 4 Miles E
25 Active Recovery; Walk or Play for 30 Minutes	26 4 Miles E	27 Strength Train	28 4 Miles E			

10K - Compete

March, 2018



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
KEY: E=Easy RPE= Rate of Perceived Exertion			28	1	2	3 Woodbridge Hills
				2 Miles Easy; Strength Train	Off/Rest	4 Miles E
4 Active Recovery; Walk or Play for 30 Minutes	5 Strength Train	6 3 Mile Speed 1 Mile Warm Up; 4 x 200 RPE 8.5 w/ 200 Recovery; 1 Miles Cool Down	7 3 Miles E	8 3 Miles E: 1 Mile at RPE 8; Strength Train	9 Off/Rest	10 Douglass Community Center 5 Miles E
11 Active Recovery; Walk or Play for 30 Minutes	12 Strength Train	13 3.5 Mile Speed: 1 Mile Warm Up; 6 x 200 RPE 8.5 w/ 200 Recovery; 1 Mile Cool Down	14 3 Miles E	15 4 Miles E: 1 Mile at RPE 8; Strength Train	16 Off/Rest	17 WMU Rec Center 6 Miles E
18 Active Recovery; Walk or Play for 30 Minutes	19 Strength Train	20 4 Mile Speed: 1 Mile Warm Up; 8 x 200 RPE 8.5 w/ 200 Recovery; 1 Mile Cool Down	21 3 Miles E	22 4 Miles: 2 x 1 Mile at RPE 8; Strength Train	23 Off/Rest	24 Parchment High School 7 Miles E
25 Active Recovery; Walk or Play for 30 Minutes	26 Strength Train	27 4 Mile Speed: 1 Mile Warm Up; 4 x 400 RPE 8 w/ 400 Recovery; 1 Mile Cool Down	28 4 Miles E	29 4.5 Miles: 2 x 1 Miles at RPE 8; Strength Train	30 Off/Rest	31 Kalamazoo Christian 5 Miles Easy

10K - Compete

April, 2018



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1	2	3	4	5	6	7
KEY: E=Easy RPE= Rate of Perceived Exertion						
Active Recovery; Walk or Play for 30 Minutes	Strength Training	4 Mile Speed 1 Mile Warm Up; 4 x 400 RPE 8.5 w/ 400 Mile Recovery; 1 Miles Cool	3 Miles Easy	4 Miles; 1 Mile at RPE of 8; Strength Train	Off/Rest	Radisson to Gazelle 7 Miles E
8	9	10	11	12	13	14
Active Recovery; Walk or Play for 30 Minutes	Strength Train	4.5 Mile Speed: 1 Mile Warm Up; 5 x 400 RPE 8.5 w/ 400 Recovery; 1 Mile Cool Down	4 Miles E	5 Miles: 2 Miles at RPE of 8; Strength Train	Off/Rest	Comstock High School 8 Miles E
15	16	17	18	19	20	21
Active Recovery; Walk or Play for 30 Minutes	Strength Train	5 Miles Speed: 1 Mile Warm Up; 6 x 400 RPE 8.5 w/ 400 Recovery; 1 Mile Cool Down	5 Miles E	4 Miles: 1.5 Miles RPE 8; Strength Train	Off/Rest	BHFC 8 Miles E
22	23	24	25	26	27	28
Active Recovery; Walk or Play for 30 Minutes	Strength Train	5.5 Mile Speed 1 Mile Warm Up; 7 x 400 RPE 8.5 w/ 400 Recovery; 1 Mile Cool Down	5 Miles E	6 Miles: 2 x 1 Miles RPE 8; Strength Train	Off/Rest	BHFC 5 Miles E
29	30					
Active Recovery; Walk or Play for 30 Minutes	Strength Train					

10K - Compete

May, 2018



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		1	2	3	4	5
KEY: E=Easy RPE= Rate of Perceived Exertion		3 Mile Speed: 1 Mile Warm Up; 4 x 200 RPE 8.5 w/ 200 Recovery; 1 Mile Cool Down	3 Miles E	4 Miles: 1 Mile RPE 8; Strength Train	Off/Rest	EXPO
6 	7	8	9	10	11	12
13	14	15	16	17	18	19
20	21	22	23	24	25	26
27	28	29	30	31		

10K - Compete