



Jan. 2017 / Feb. 2017

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

10K - Complete

March, 2017



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			1	2	3	4 Woodbridge Hills
KEY: E=Easy RPE= Rate of Perceived Exertion			Active Recovery	2 Miles E; Strength Train	Off/Rest	4 Miles E
5 Active Recovery; Walk or Play for 30 Mintutes	6 Strength Train	7 2 Miles Speed: .5 Mile Warm Up; 2 x 200 RPE 8.5 w/200 Recovery; 1 Mile Cool Down	8 Active Recovery	9 3 Miles E; Strength Train	10 Off/Rest	11 Radisson Hotel/ Gazelle Sports 5 Miles E
12 Active Recovery; Walk or Play for 30 Mintutes	13 Strength Train	14 2 Mile Speed: .5 Mile Warm Up; 2 x 200 RPE 8.5 w/ 200 Recovery; 1 Mile Cool Down	15 Active Recovery	16 3 Miles E; Strength Train	17 Off/Rest	18 WMU Rec Center 5 Miles E
19 Active Recovery; Walk or Play for 30 Mintutes	20 Strength Train	21 2.75 Mile Speed: 1 Mile Warm Up; 3 x 200 RPE w/ 200 Recovery; 1 Mile Cool Down	22 Active Recovery	23 3 Miles; Strength Train	24 Off/Rest	25 Douglass Community Center 6 Miles E
26 Active Recovery; Walk or Play for 30 Mintutes	27 Strength Train	28 3 Mile Speed: 1 Mile Warm Up; 4 x 200 RPE 8 w/ 200 Recovery; 1 Mile Cool Down	29 Active Recovery	30 3 Miles; Strength Train	31 Off/Rest	

10K - Complete

April, 2017



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

10K - Complete

May, 2017



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	1	2	3	4	5	6
KEY: E=Easy RPE= Rate of Perceived Exertion						
	Strength Train	4 Mile Speed: 1 Mile Warm Up; 4 x 200 RPE 8.5 w/ 200 Recovery; 1 Mile Cool Down	Active Recovery	3 Miles; Strength Train	Off/Rest	EXPO
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 - Complete