

Jan. 2018 / Feb. 2018



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

10K - Complete

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 E; Strength Train	Off/Rest	4 Miles E
4 Active Recovery; Walk or Play for 30 Mintutes	5 Strength Train	6 2 Mile Speed .5 Mile Warm Up; 2 x 200 RPE 8.5 w/ 200 Recovery; 1 Miles Cool Down	7 Active Recovery	8 3 Miles E; Strength Train	9 Off/Rest	10 Douglass Community Center 5 Miles E
11 Active Recovery; Walk or Play for 30 Mintutes	12 Strength Train	13 2 Mile Speed .5 Mile Warm Up; 2 x 200 RPE 8.5 w/ 200 Recovery; 1 Miles Cool Down	14 Active Recovery	15 3 Miles E; Strength Train	16 Off/Rest	17 WMU Rec Center 5 Miles E
18 Active Recovery; Walk or Play for 30 Mintutes	19 Strength Train	20 2.75 Mile Speed: 1 Mile Warm Up; 3 x 200 RPE w/ 200 Recovery; 1 Mile Cool Down	21 Active Recovery	22 3 Miles; Strength Train	23 Off/Rest	24 Parchment High School 6 Miles E
25 Active Recovery; Walk or Play for 30 Mintutes	26 Strength Train	27 3 Mile Speed: 1 Mile Warm Up; 4 x 200 RPE 8 w/ 200 Recovery; 1 Mile Cool Down	28 Active Recovery	29 3 Miles; Strength Train	30 Off/Rest	31 Kalamazoo Christian 5 Miles Easy

10K - Complete

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	3 Mile Speed 1 Mile Warm Up; 2 x 400 RPE 8.5 w/ 400 Mile Recovery; 1 Miles Cool Down	Active Recovery	3 Miles; Strength Train	Off/Rest	Radisson to Gazelle 6 Miles E
8	9	10	11	12	13	14
Active Recovery; Walk or Play for 30 Mintutes	Strength Train	3.5 Mile Speed 1 Mile Warm Up; 3 x 400 RPE 8.5 w/ 400 Recovery; 1 Miles Cool Down	Active Recovery	4 Miles, Strength Train	Off/Rest	Comstock High School 7 Miles E
15	16	17	18	19	20	21
Active Recovery; Walk or Play for 30 Mintutes	Strength Train	4 Mile Speed 1 Mile Warm Up; 4 x 400 RPE 8.5 w/ 400 Recovery; 1 Miles Cool Down	Active Recovery	4 Miles; Strength Train	Off/Rest	BHFC 8 miles E
22	23	24	25	26	27	28
Active Recovery; Walk or Play for 30 Mintutes	Strength Train	4 Mile Speed 1 Mile Warm Up; 4 x 400 RPE 8.5 w/ 400 Recovery; 1 Mile Cool Down	Active Recovery	4 Miles; Strength Train	Off/Rest	BHFC 5 Miles E
29	30					
Active Recovery	Strength Training					

10K - Complete

May, 2018



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		1	2	3	4	5
KEY: E=Easy RPE= Rate of Perceived Exertion		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
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 - Complete