

Jan. 2018 / Feb. 2018



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

5K — Beginning Training

March, 2018



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
KEY: E=Easy RPE= Rate of Perceived Exertion			28	1	2	3 Woodbridge Hills Run 5 Min. Walk 1 Minute Repeat 5 Times
4 Active Recovery; Walk or Play for 30 Mintutes	5 Run 5 Min. Walk 1 Minute Repeat 5 Times	6 Active Recovery; Strength Train	7 Run 5 Min. Walk 1 Minute Repeat 4 Times	8 Active Recovery	9 Off/Rest	10 Douglass Community Center Run 6 Min. Walk 1 Min. Repeat 5 Times
11 Active Recovery; Walk or Play for 30 Mintutes	12 Run 6 Min. Walk 1 Min. Repeat 4 Times	13 Active Recovery	14 Run 6 Min. Walk 1 Min. Repeat 4 Times	15 Active Recovery	16 Off/Rest	17 WMU Rec Center Run 9 Min. Walk 2 Min. Repeat 4 Times
18 Active Recovery; Walk or Play for 30 Mintutes	19 Run 8 Min. Walk 2 Min. Repeat 3 Times	20 Active Recovery; Strength Train	21 Run 8 Min. Walk 2 Min. Repeat 3 Times	22 Active Recovery	23 Off/Rest	24 Parchment High School Run 10 Min. Walk 2 Min. Repeat 3 Times
25 Active Recovery; Walk or Play for 30 Mintutes	26 Run 10 Min. Walk 2 Min. Repeat 3 Times	27 Active Recovery; Strength Train	28 Run 8 Min. Walk 2 Min. Repeat 3 Times	29 Strength Train	30 Off/Rest	31 Kalamazoo Christian 12 Min. Run 2 Min. Walk Repeat 3 Times

5K — Beginning Training

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	10 Min. Run 2 Min. Walk Repeat 3 Times	Active Recovery; Strength Train	10 Min. Run 2 Min. Walk Repeat 3 Times	Active Recovery	Off/Rest	Radisson to Gazelle 12 Min. Run 2 Min. Walk Repeat 4 Times
8	9	10	11	12	13	14
Active Recovery; Walk or Play for 30 Minutes	12 Min. Run 2 Min. Walk Repeat 3 Times	Active Recovery; Strength Train	10 Min. Run 1 Min. Walk Repeat 3 Times	4 miles; Strength Train	Off/Rest	Comstock High School Run 12 Minutes; Walk 2 Minutes; Repeat 4 Times
15	16	17	18	19	20	21
Active Recovery; Walk or Play for 30 Minutes	10 Min. Run 4 Min. Walk Repeat 3 Times	Active Recovery	Run 10 Minutes; Walk 2 Minutes; Repeat 3 Times	Active Recovery	Off/Rest	BHFC Run 15 Minutes; Walk 2 Minutes; Repeat 3 Times
22	23	24	25	26	27	28
Active Recovery; Walk or Play for 30 Minutes	10 Min. Run 4 Min. Walk Repeat 3 Times	Active Recovery; Strength Train	Run 10 Minutes; Walk 2 Minutes; Repeat 3 Times	4 Miles; Strength Train	Off/Rest	BHFC 10 Min. Run 3 Min. Walk Repeat 3 Times
29	30					
Active Recovery; Walk or Play for 30 Minutes	Active Recovery; Walk or Play for 30 Minutes					

5K — Beginning Training

May, 2018



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		1	2	3	4	5
KEY: E=Easy RPE= Rate of Perceived Exertion			Run 5 Minutes; Walk 1 Minute; Repeat 4 Times	Active Recovery	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		

5K — Beginning Training