

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						
						Run 3 Miles
4 Active Recovery; Walk or Play for 30 Minutes	5 Run 3 Miles	6 Strength Train	7 Run 2 Miles	8 Active Recovery	9 Off/Rest	10 Borgess Health & Fitness Center Run 4 Miles E
11 Active Recovery; Walk or Play for 30 Minutes	12 Run 3 Miles; Strength Train	13 Strength Train	14 Run 3 Miles; Strength Train	15 Active Recovery	16 Off/Rest	17 Borgess Health & Fitness Center Run 5 Miles E
18 Active Recovery; Walk or Play for 30 Minutes	19 Run 4 Miles; Strength Train	20 Active Recovery; Strength Train	21 Run 3 Miles; Strength Train	22 Active Recovery	23 Off/Rest	24 Woodbridge Hills Run 4 Miles
25 Active Recovery; Walk or Play for 30 Minutes	26 Run 4 Miles; Strength Train	27 Active Recovery	28 Run 4 Miles; Strength Train			

5K — Compete

March, 2018



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
KEY: E=Easy RPE= Rate of Perceived Exertion			28	1	2	3 Woodbridge Hills
			Run 4 Miles; Strength Train	Active Recovery	Off/Rest	Run 4 Miles
4	5	6	7	8	9	10 Douglass Community Center
Active Recovery; Walk or Play for 30 Minutes	Run 3 Miles; Strength Train	Active Recovery	Run 3 Miles 1 Mile Easy; 4 x 200 RPE 8.5 w/ 200 recovery per repeat; 1 Mile Cool Down	Run 3 Miles; Dynamic Stretching	Off/Rest	Run 5 Miles
11	12	13	14	15	16	17 WMU Rec Center
Active Recovery; Walk or Play for 30 Minutes	Run 4 Miles; Strength Train	Active Recovery	Run 3 Miles: 1 Mile E; 4 x 200 RPE 8.5 w 200 Recovery; 1 Mile Cool Down	Run 5 Miles; Dynamic Stretching	Off/Rest	Run 5 Miles
18	19	20	21	22	23	24 Parchment High School
Active Recovery; Walk or Play for 30 Minutes	Run 4 Miles; Strength Train	Run 3.5 Miles: 1 Mile E; 6 x 200 RPE 8.5 w 200 Recovery; 1 Mile Cool Down	Run 5 Miles	Run 4 Miles; 1 Mile at RPE 8; Dynamic Stretching	Off/Rest	Run 5 Miles
25	26	27	28	29	30	31 Kalamazoo Christian
Active Recovery; Walk or Play for 30 Minutes	Run 5 Miles	Run 4 Miles: 4 x 400 RPE 8.5 w/ 400 Recovery; 1 Mile Cool Down	Run 4 Miles	Run 4 Miles; 1.5 Miles at RPE 8; Dynamic Stretching	Off/Rest	Run 5 Miles Easy

5K — 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	Run 5 Miles	Run 4.5 Miles 1 Mile Easy; 5 x 400 RPE 8.5 w 400 Recovery; 1 Mile Cooldown	Run 5 Miles Easy	Run 5 Miles; 2 Miles at RPE 8; Dynamic Stretching	Off/Rest	Radisson to Gazelle 6 Miles Easy
8	9	10	11	12	13	14
Active Recovery; Walk or Play for 30 Minutes	Run 5 Miles	Active Recovery; Strength Train	Run 5 Miles 1 Mile Easy; 6 x 400 RPE 8.5 w 400 Recovery; 1 Mile Cooldown	Run 5 Miles Easy; Dynamic Stretching	Off/Rest	Comstock High School 6 Miles E
15	16	17	18	19	20	21
Active Recovery; Walk or Play for 30 Minutes	Run 5 Miles	Run 6 Miles 1 Mile Easy; 8 x 400 RPE 8.5 w 400 Recovery; 1 Mile Cooldown	5 Mile Run	Run 5 Miles; Dynamic Stretching	Off/Rest	BHFC Run 5 Miles
22	23	24	25	26	27	28
Active Recovery; Walk or Play for 30 Minutes	Run 4 Miles; Strength Train	Run 6 Miles 1 Mile Easy; 8 x 400 RPE 8.5 w 400 Recovery; 1 Mile Cooldown	5 Mile Run	Run 4 Miles; Run 2 Miles at RPE 8; Dynamic Stretching	Off/Rest	BHFC Run 4 Miles
29	30					
Active Recovery; Walk or Play for 30 Minutes	Run 4 Miles; Dynamic Stretching					

5K — Compete

May, 2018



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		1	2	3	4	5
KEY: E=Easy RPE= Rate of Perceived Exertion		Run 3.5 Miles 1 Mile Easy; 6 x 200 RPE 8.5 w 200 Recovery; 1 Mile Cooldown	Run 3 Miles	Run 20 Minutes for Fun; Dynamic Stretching	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 — Compete