



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

5K — Compete

March, 2017



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

5K — Compete

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 Minutes	3 Run 5 Miles	4 Run 4.5 Miles: 1 Mile E; 5 x 400 RPE 8.5 w 400 Recovery; 1 Mile Cool Down	5 Run 5 Miles E	6 Run 5 Miles; 2 Miles at RPE 8; Dynamic Stretching	7 Off/Rest	8 Comstock High School 6 Miles E
9 Active Recovery; Walk or Play for 30 Minutes	10 Run 5 Miles	11 Active Recovery; Strength Train	12 Run 5 Miles: 1 Mile E; 6 x 400 RPE 8.5 w 400 Recovery; 1 Mile Cool Down	13 Run 5 Miles E; Dynamic Stretching	14 Off/Rest	15 Parchment High School 6 Miles E
16 Active Recovery; Walk or Play for 30 Minutes	17 Run 5 Miles	18 Run 6 Miles: 1 Mile E; 8 x 400 RPE 8.5 w 400 Recovery; 1 Mile Cool Down	19 5 Mile Run	20 Run 5 Miles; Dynamic Stretching	21 Off/Rest	22 BHFC Run 5 Miles
23 Active Recovery 30 Active Recovery	24 Run 4 Miles; Strength Train	25 Run 6 Miles: 1 Mile E; 8 x 400 RPE w 400 Recovery; 1 Mile Cool Down	26 Run 5 Miles	27 Run 4 Miles; Run 2 Miles at RPE 8; Dynamic Stretching	28 Off/Rest	29 BHFC Run 4 Miles

5K — Compete

May, 2017



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

5K — Compete