

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 4 Min. Walk 1 Min. Repeat 5 Times Miles Easy |
| 4 Active Recovery; Walk or Play for 30 Minutes | 5 Run 3 Min. Walk 1 Min. Repeat 5 Times; Strength Train | 6 Active Recovery | 7 Run 3 Min. Walk 1 Min. Repeat 5 Times; Strength Train | 8 Active Recovery | 9 Off/Rest | 10 Borgess Health & Fitness Center Run 5 Min. Walk 1 Min. Repeat 5 Times |
| 11 Active Recovery; Walk or Play for 30 Minutes | 12 Run 4 Min. Walk 1 Min. Repeat 4 Times; Strength Train | 13 Active Recovery | 14 Run 4 Min. Walk 1 Min. Repeat 5 Times; Strength Train | 15 Active Recovery | 16 Off/Rest | 17 Borgess Health & Fitness Center Run 4 Min. Walk 1 Min. Repeat 5 Times; Strength Train |
| 18 Active Recovery; Walk or Play for 30 Minutes | 19 Run 4 Min. Walk 1 Min. Repeat 6 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 3 Miles Easy |
| 25 Active Recovery; Walk or Play for 30 Minutes | 26 2 Mile Easy | 27 Strength Train | 28 Active Recovery | | | |

5K — 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 Easy; Strength Train | Off/Rest | 4 Miles Easy |
| 4 Active Recovery; Walk or Play for 30 Minutes | 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/Res | 10 Douglass Community Center 5 Miles Easy |
| 11 Active Recovery; Walk or Play for 30 Minutes | 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 Easy; Strength Train | 16 Off/Rest | 17 WMU Rec Center 5 Miles Easy |
| 18 Active Recovery; Walk or Play for 30 Minutes | 19 Strength Train | 20 3 Mile Speed 1 Mile Warm Up; 4 x 200 RPE 8.5 w/ 200 Recovery; 1 Miles Cool Down | 21 Active Recovery | 22 3 Miles; Strength Train | 23 Off/Rest | 24 Parchment High School 6 Miles Easy |
| 25 Active Recovery; Walk or Play for 30 Minutes | 26 Strength Train | 27 3 Mile Speed 1 Mile Warm Up; 4 x 200 RPE 8 w/ 200 Recovery; 1 Miles Cool Down | 28 Active Recovery | 29 3 Miles; Strength Train | 30 Off/Rest | 31 Kalamazoo Christian 5 Miles Easy |

5K – 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 Easy |
| 8 | 9 | 10 | 11 | 12 | 13 | 14 |
| Active Recovery; Walk or Play for 30 Minutes | 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 Easy |
| 15 | 16 | 17 | 18 | 19 | 20 | 21 |
| Active Recovery; Walk or Play for 30 Minutes | 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 Easy |
| 22 | 23 | 24 | 25 | 26 | 27 | 28 |
| Active Recovery; Walk or Play for 30 Minutes | 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 Training | Off/Rest | BHFC 5 Miles Easy |
| 29 | 30 | | | | | |
| Active Recovery; Walk or Play for 30 Minutes | Strength Training | | | | | |

5K — Complete

May, 2018



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