



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 5 min. Walk 2 min. Repeat 4 times
5 Active Recovery; Walk or Play for 30 Minutes	6 Run 3 min. Walk 2 min. Repeat 4 times; Strength Train	7 Active Recovery	8 Run 3 min. Walk 2 min. Repeat 4 times; Strength Train	9 Active Recovery	10 Off/Rest	11 Borgess Health & Fitness Center Run 6 min. Walk 2 min. Repeat 4 times
12 Active Recovery; Walk or Play for 30 Minutes	13 Run 4 min. Walk 2 min. Repeat 4 times; Strength Train	14 Active Recovery	15 Run 4 min. Walk 2 min. Repeat 4 times; Strength Train	16 Active Recovery	17 Off/Rest	18 Borgess Health & Fitness Center Run 10 min. Walk 1 min. Repeat 3 times
19 Active Recovery	20 Run 5 min. Walk 2 min. Repeat 4 times; Strength Train	21 Active Recovery	22 Run 5 min. Walk 2 min. Repeat 4 times; Strength Train	23 Active Recovery	24 Off/Rest	25 Woodbridge Hills Run 30 min.
26 Active Recovery	27 Run 6 Min. Walk 2 Min. Repeat 4 Times	28 Strength Train				

5K — Complete

March, 2017



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			1	2	3	4 Woodbridge Hills
KEY: E=Easy RPE= Rate of Perceived Exertion			Run 6 Min. Walk 2 Min. Repeat 4 Times	Run 1.5 Miles; Dynamic Stretching	Off/Rest	Run 35 Minutes
5 Active Recovery; Walk or Play for 30 Minutes	6 Run 2 Miles	7 Active Recovery; Strength Train	8 Run 2 Miles	9 Run 1.5 Miles; Dynamic Stretching	10 Off/Res	11 Radisson Hotel/ Gazelle Sports Run 3 Miles
12 Active Recovery; Walk or Play for 30 Minutes	13 Run 2 Miles	14 Active Recovery; Strength Train	15 Run 2 Miles	16 Run 1.5 Miles; Dynamic Stretching	17 Off/Rest	18 WMU Rec Center Run 3 Miles
19 Active Recovery; Walk or Play for 30 Minutes	20 Run 2.5 Miles	21 Active Recovery; Strength Train	22 Run 2.5 Miles	23 Run 1.5 Miles; Dynamic Stretching	24 Off/Rest	25 Douglass Community Center Run 4 Miles
26 Active Recovery; Walk or Play for 30 Minutes	27 Run 3 Miles	28 Active Recovery; Strength Train	29 Run 2 Miles	30 Run 2 Miles; Dynamic Stretching	31 Off/Rest	

5K — Complete

April, 2017



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
KEY: E=Easy RPE= Rate of Perceived Exertion						1 Kalamazoo Christian 4 Miles E
2 Active Recovery; Walk or Play for 30 Minutes	3 Run 4 Miles	4 Active Recovery; Strength Train	5 Run 2 Miles E	6 Run 2 Miles; Dynamic Stretching	7 Off/Rest	8 Comstock High School 5 Miles E
9 Active Recovery; Walk or Play for 30 Minutes	10 Run 3 Miles	11 Active Recovery; Strength Train	12 Run 3 Miles	13 Run 2 Miles; Dynamic Stretching	14 Off/Rest	15 Parchment High School 4 Miles E
16 Active Recovery; Walk or Play for 30 Minutes	17 Run 3 Miles	18 Active Recovery	19 Run 3 Miles	20 Run 2 Miles; Dynamic Stretching	21 Off/Rest	22 BHFC Run 5 Miles
23 Active Recovery	24 Run 4 Miles	25 Active Recovery; Strength Train	26 Run 3 Miles	27 Run 2 Miles; Dynamic Stretching	28 Off/Rest	29 BHFC Run 4 Miles
30 Active Recovery						

5K — Complete

May, 2017



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	1	2	3	4	5	6
KEY: E=Easy RPE= Rate of Perceived Exertion						
	Run 2 Miles; Dynamic Stretching	Active Recovery	Run 2 Miles	Run 2 Miles; 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 — Complete