



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

5K — Beginning Training

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 Minutes; Walk 1 Minute; Repeat 5 Times	2 Miles E; Strength Train	Off/Rest	Run 5 Minutes; Walk 1 Minute Repeat 5 Times
5	6	7	8	9	10	11 Radisson Hotel/ Gazelle Sports
Active Recovery; Walk or Play for 30 Mintutes	Run 5 Minutes; Walk 1 Minute; Repeat 5 Times	Active Recovery; Strength Train	Run 5 Minutes; Walk 1 Minute; Repeat 4 Times	Active Recovery	Off/Rest	Run 6 Minutes; Walk 1 Minute; Repeat 4 Times
12	13	14	15	16	17	18 WMU Rec Center
Active Recovery; Walk or Play for 30 Mintutes	Run 6 Minutes; Walk 1 Minute; Repeat 4 Times	Active Recovery	Run 6 Minutes; Walk 1 Minute; Repeat 4 Times	Active Recovery	Off/Rest	Run 9 Minutes; Walk 2 Minutes; Repeat 4 Times
19	20	21	22	23	24	25 Douglass Community Center
Active Recovery; Walk or Play for 30 Mintutes	Run 8 Minutes; Walk 2 Minutes; Repeat 3 Times	Active Recovery; Strength Train	Run 8 Minutes; Walk 2 Minutes; Repeat 3 Times	Active Recovery	Off/Rest	Run 10 Minutes; Walk 2 Minutes; Repeat 3 Times
26	27	28	29	30	31	
Active Recovery; Walk or Play for 30 Mintutes	Run 10 Minutes; Walk 2 Minutes; Repeat 3 Times	Active Recovery; Strength Train	Run 10 Minutes; Walk 2 Minutes; Repeat 3 Times	3 Miles; Strength Train	Off/Rest	

5K — Beginning Training

April, 2017




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

5K — Beginning Training

May, 2017



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	1	2	3	4	5	6
KEY: E=Easy RPE= Rate of Perceived Exertion						
	Run 10 Minutes; Walk 2 Minutes; Repeat 3 Times	Active Recovery	Run 5 Minutes; Walk 1 Minute; Repeat 4 Times	Active Recovery	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 — Beginning Training