

# December, 2016



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
				1	2	3
KEY: E=Easy RPE= Rate of Perceived Exertion						
4	5	6	7	8	9	10 Borgess Health & Fitness Center  6 Miles E
11  Active Recovery; Walk or Play for 30 Minutes	12  4 Miles E; Strength Train	13  4 Mile Run; Three 1 min. pushes during this run	14  Active Recovery; Walk or Play for 30 Minutes	15  4 Miles; Strength Train	16  Off/Rest	17 Borgess Health & Fitness Center  7 Miles E
18  Active Recovery; Walk or Play for 30 Minutes	19  4 Miles E; Strength Train	20  4 Mile Run; Three 1 Min. pushes during this run	21  Active Recovery; Walk or Play for 30 Minutes	22  4 Miles; Strength Train	23  Be Merry	24 (no Saturday Camp)  8 Miles E
25  Active Recovery; Walk or Play for 30 Minutes	26  4 Miles E; Strength Train	27  5 Mile Run; 30 sec. push/mile	28  Active Recovery; Walk or Play for 30 Minutes	29  4 Miles; Strength Train	30  Off/Rest	31 YMCA Maple Street  5 Miles E

## Marathon - Compete

# January, 2017



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1	2	3	4	5	6	7 Kalamazoo Christian
KEY: E=Easy RPE= Rate of Perceived Exertion						
Spring Valley Park <b>ONE-ONE RUN</b>	5 Miles E; Strength Train	6 Mile Run; One 30 sec. push/mile	Active Recovery; Walk or Play for 30 Minutes	4 Miles E; Strength Train	Off/Rest	9 Miles E
8  Active Recovery; Walk or Play for 30 Minutes	9  5 Miles E; Strength Train	10  6 Mile Run; One 1 min. push/mile	11  Active Recovery; Walk or Play for 30 Minutes	12  4 Miles E; Strength Train	13  Off/Rest	14 Radisson Hotel/ Gazelle Sports  6 Miles E
15  Active Recovery; Walk or Play for 30 Minutes	16  5 Miles E; Strength Train	17  6 Mile Run; One 1 min. push/mile	18  Active Recovery; Walk or Play for 30 Minutes	19  5 Miles E; Strength Train	20  Off/Rest	21 WMU BTR  10 Miles E
22  Active Recovery; Walk or Play for 30 Minutes	23  6 Miles E; Strength Train	24  7 Mile Run; One 1 min. push/mile	25  Active Recovery; Walk or Play for 30 Minutes	26  6 Miles E; Strength Train	27  Off/Rest	28 Lighthouse Community Church  11 Miles E
29  Active Recovery	30  4 Miles E; Strength Train	31  6.7 Miles Speed: 1 Mile Easy; 6 x 600 RPE 8.5 w/ 400 Recovery/Repeat; 2 Mile Cool Down				

## Marathon - Compete

# February, 2017



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			1	2	3	4 <b>Borgess Health &amp; Fitness Cntr</b>
KEY: E=Easy RPE= Rate of Perceived Exertion			7 Miles E	4 Miles: 1 Mile Difficult RPE 8; Strength Train	Off/Rest	9 Miles E
5  Active Recovery; Walk or Play for 30 Minutes	6  3 Miles E; Strength Train	7  6.5 Miles Speed: 1 Mile Easy; 7 x 400 RPE 8.5 w/ 400 Recovery/Repeat; 2 Mile Cool Down	8  7 Miles E	9  4 Miles: 1 Mile Difficult RPE 8; Strength Train	10  Off/Rest	11 <b>Borgess Health &amp; Fitness Cntr</b>  13 Miles E
12  Active Recovery; Walk or Play for 30 Minutes	13  4 Miles E; Strength Train	14  8 Miles Speed: 1 Mile Easy; 5 x 800 RPE 8.5 w/ 800 Recovery; 2 Mile Cool Down	15  8 Miles E	16  4 Miles: 1.5 Miles Difficult RPE 8; Strength Train	17  Off/Rest	18 <b>Borgess Health &amp; Fitness Cntr</b>  14 Miles E
19  Active Recovery; Walk or Play for 30 Minutes	20  4 Miles E; Strength Train	21  9 Miles Speed: 1 Mile Easy; 6 x 800 RPE 8.5 w/ 800 Recovery; 1 Mile Cool Down	22  9 Miles E	23  5 Miles: 2 x 1.5 Miles RPE 8; Strength Train	24  Off/Rest	25 <b>Borgess at Woodbridge</b>  15 Miles E
26  Active Recovery; Walk or Play for 30 Minutes	27  5 Miles E; Strength Train	28  7.75 Miles Speed: 2 Mile Warm Up; 3 x 1200 RPE 8 w/ 800 Recovery; 2 Mile Cool Down				

## Marathon - Compete

# March, 2017



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			1	2	3	4 Borgess at Woodbridge
KEY: E=Easy RPE= Rate of Perceived Exertion			10 Miles E	6 Miles: 2 x 1.5 Miles RPE 8; Strength Train	Off/Rest	12 Miles E
5 Active Recovery; Walk or Play for 30 Minutes	6 5 Miles E; Strength Train	7 9 Miles Speed: 2 Mile Warm Up; 5 x 800 RPE 8.5 w/ 800 Recovery; 2 Mile Cool Down	8 6 Miles E	9 6 Miles: 2 x 1.5 Miles RPE 8; Strength Train	10 Off/Rest	11 Radisson Hotel/ Gazelle Sports 17 Miles E
12 Active Recovery; Walk or Play for 30 Minutes	13 5 Miles E; Strength Train	14 8 Miles Speed: 1 Mile Warm Up; 4 x 1200 RPE 8.5 w/ 800 Recovery; 2 Mile Cool Down	15 9 Miles E	16 6 Miles E: 2 x 2 Miles RPE 8; Strength Train	17 Off/Rest	18 WMU Rec. Center 18 Miles E
19 Active Recovery; Walk or Play for 30 Minutes	20 7 Miles E; Strength Train	21 9 Miles Speed: 1 Mile Warm Up; 6 x 800 RPE 8.5 w/ 800 Recovery; 2 Mile Cool Down	22 10 Miles E	23 6 Miles: 2 x 2 Miles RPE 8; Strength Train	24 Off/Rest	25 Douglass Community Center 20 Miles E
26 Active Recovery; Walk or Play for 30 Minutes	27 8 Miles E; Strength Train	28 10 Miles Speed: 2 Mile Warm Up; 3 x 1 Mile RPE 8.5 w/ 1 Mile Recovery; 2 Mile Cool Down	29 10 Miles E	30 6 Miles E: 2 x 2 Miles RPE 8; Strength Train	31 Off/Rest	

## Marathon - Compete

# April, 2017



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
KEY: E=Easy RPE= Rate of Perceived Exertion					Off/Rest	<b>1</b> <b>Kalamazoo Christian</b>  15 Miles E
<b>2</b>  Active Recovery; Walk or Play for 30 Minutes	<b>3</b>  6 Mile Run; Strength Train	<b>4</b>  8 Miles Speed: 1 Mile Warm Up; 3 x 1 Mile RPE 8.5 w/ 1 Mile Recovery; 1 Mile Cool Down	<b>5</b>  9 Miles E	<b>6</b>  6 Miles: 2 x 2 Miles RPE of 8; Strength Train	<b>7</b>  Off/Rest	<b>8</b> <b>Comstock High School</b>  20 or 22 Miles E
<b>9</b>  Active Recovery; Walk or Play for 30 Minutes	<b>10</b>  8 Mile Run	<b>11</b>  10 Miles Speed: 2 Mile Warm Up; 3 x 1 Mile RPE 8 w/ 1 Mile Recovery; 2 Mile Cool Down	<b>12</b>  Active Recovery; Walk or Play for 30 Minutes	<b>13</b>  7 Miles: 2 x 1.5 Miles RPE 8; Strength Train	<b>14</b>  Off/Rest	<b>15</b> <b>Parchment High School</b>  18 Miles E
<b>16</b>  Active Recovery; Walk or Play for 30 Minutes	<b>17</b>  9 Mile Run	<b>18</b>  7.5 Miles Speed: 1 Mile Warm Up; 6 x 800 RPE 8 w/ 400 Recovery; 2 Mile Cool Down	<b>19</b>  Active Recovery; Walk or Play for 30 Minutes	<b>20</b>  7 Miles: 2 x 1.5 Miles RPE 8; Strength Train	<b>21</b>  Off/ Rest	<b>22</b> <b>Borgess Health &amp; Fitness Center</b>  15 Miles E
<b>23</b>  Active Recovery  <b>30</b> Active Recovery	<b>24</b>  8 Mile Run	<b>25</b>  7.5 Miles Speed: 1 Mile Warm Up; 6 x 800 RPE 8 w/ 400 Recovery; 2 Mile Cool Down	<b>26</b>  Active Recovery; Walk or Play for 30 Minutes	<b>27</b>  6 Miles: 2 x 1.5 Miles RPE 8; Strength Train	<b>28</b>  Off/Rest	<b>29</b> <b>Borgess Health &amp; Fitness Center</b>  8 or 10 Miles E

## Marathon - Compete

# May, 2017



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	1	2	3	4	5	6
KEY: E=Easy RPE= Rate of Perceived Exertion Active Recovery; Walk or Play for 30 Minutes	5 Mile Run	6 Miles Speed: 1 Mile Warm Up; 6 x 400 RPE 8 w/ 400 Recovery; 2 Miles Cool Down	Active Recovery; Walk or Play for 30 Minutes	3 Miles E	Off/Rest	<b>EXPO</b>
7  KALAMAZOO MARATHON <small>at the BORGESS Run for the Health of It!</small>	8	9	10	11	12	13
14	15	16	17	18	19	20
21	22	23	24	25	26	27
28	29	30	31			

## Marathon - Compete