

December, 2017



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

Marathon - Compete

January, 2018



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

Marathon - Compete

February, 2018



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

Marathon - Compete

March, 2018



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

Marathon - Compete

April, 2017



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		8 Mile Speed 1 Mile Warm Up; 3 x 1 Mile RPE 8.5 w/ 1 Mile Recovery; 1 Miles Cool Down	9 Miles Easy	6 Miles; 2 Miles at RPE of 8; Strength Train	Off/Rest	Kalamazoo Christian 18 Miles E
8	9	10	11	12	13	14
Active Recovery; Walk or Play for 30 Minutes	7 Mile Run; Strength Train	9 Mile Speed 1 Mile Warm Up; 8 x 800 RPE 8.5 w/ 400 Recovery; 2 Miles Cool Down	8 Miles E	6 Miles ; 2 x 1.5 Miles at RPE of 8; Strength Train	Off/Rest	Comstock High School 20 Miles E
15	16	17	18	19	20	21
Active Recovery; Walk or Play for 30 Minutes	8 Mile Run; Strength Train	8 Mile Speed 1 Mile Warm Up; 3 x 1 Mile RPE 8.5 w/ 1 Mile Recovery; 1 Miles Cool Down	5 Miles Easy	6 Miles 2 x 2 Miles at RPE of 8; Strength Train	Off/Rest	Borgess Health & Fitness Center 15 Miles E
22	23	24	25	26	27	28
Active Recovery; Walk or Play for 30 Minutes	6 Mile Run	7.5 Miles Speed: 1 Mile Warm Up; 6 x 800 RPE 8 w/ 400 Recovery; 2 Mile Cool Down	Active Recovery; Walk or Play for 30 Minutes	6 Miles Easy	Off/ Rest	Borgess Health & Fitness Center 8 Miles E
29	30					
Active Recovery; Walk or Play for 30 Minutes	5 Mile Run					

Marathon - Compete

May, 2017



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		1	2	3	4	5
KEY: E=Easy RPE= Rate of Perceived Exertion		6 Mile Speed 1 Mile Warm Up; 4 x 400 RPE 8.5 w/ 400 Recovery; 2 Miles Cool Down	Active Recovery; Walk or Play for 30 Minutes	3 Miles E	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		

Marathon - Compete