

# 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  Cross Train; Strength Train or Walk	12  4 Mile Run	13  Active Recovery; Walk or Play for 30 Minutes	14  4 Miles E; Strength Train	15  Off/Rest	16 Borgess Health & Fitness Center  7 Miles E
17  Active Recovery; Walk or Play for 30 Minutes	18  Cross Train; Strength Train or Walk	19  5 Mile Run	20  Active Recovery; Walk or Play for 30 Minutes	21  4 Miles E; Strength Train	22  Off/Rest	23 (no Saturday Camp)  8 Miles E
24 Active Recovery; Walk or Play for 30 Minutes 31 Active Recovery; Walk or Play for 30 Minutes	25  Cross Train; Strength Train, Bike or Swim	26  6 Mile Run	27  Active Recovery; Walk or Play for 30 Minutes	28  4 Miles E; Strength Train	29  Off/Rest	30 YMCA Maple Street  6 Miles

## Marathon - Complete

# January, 2018



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

## Marathon - Complete

# February, 2018



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

## Marathon - Complete

# March, 2018



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

# Marathon - Complete

# April, 2017



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

## Marathon - Complete

# May, 2017



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		1	2	3	4	5
<b>KEY: E=Easy RPE= Rate of Perceived Exertion</b>		4 Miles Speed: 1 Mile Warm-Up; 4 x 400 RPE 8 w/ 400 Recovery/Repeat; 1 Mile Cool Down	Active Recovery; Walk or Play for 30 Minutes	3 Miles E	Off/Rest	<b>EXPO</b>
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 - Complete