

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
KEY: E=Easy RPE= Rate of Perceived Exertion						Kalamazoo Christian
	Spring Valley Park ONE-ONE RUN	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
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	Radisson Hotel/ Gazelle Sports 10 Miles E
14	15	16	17	18	19	20
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	WMU BTR 10 Miles E
21	22	23	24	25	26	27
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	Lighthouse Community Church 11 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
				1	2	3 Borgess Health & Fitness Cntr
KEY: E=Easy RPE= Rate of Perceived Exertion				3 Miles Easy; Strength Train	Off/Rest	9 Miles E
4	5	6	7	8	9	10 Borgess Health & Fitness Cntr
Active Recovery; Walk or Play for 30 Minutes	3 Miles E; Strength Train	6 Mile 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	5 Miles Easy; Strength Train	Off/Rest	12 miles E
11	12	13	14	15	16	17 Borgess Health & Fitness Cntr
Active Recovery; Walk or Play for 30 Minutes	4 Mile Run; Strength Train	6 Mile 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	6 Miles Easy; Strength Train	Off/Rest	13 Miles E
18	19	20	21	22	23	24 Borgess at Woodbridge
Active Recovery; Walk or Play for 30 Minutes	5 Mile Run; Strength Train	7 Mile Speed 2 Mile Warm Up; 3 x 800 RPE 8 w/ 800 Recovery; 2 Miles Cool Down	Active Recovery; Walk or Play for 30 Minutes	6 Miles Easy; Strength Train	Off/Rest	14 Miles E
25	26	27	28			
Active Recovery; Walk or Play for 30 Minutes	5 Miles E; Strength Train	7 Mile Speed 1 Mile Warm Up; 4 x 800 RPE 8 w/ 800 Recovery; 2 Miles Cool Down	Active Recovery; Walk or Play for 30 Minutes			

Marathon - Complete

March, 2018



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

Marathon - Complete

April, 2018



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1	2	3	4	5	6	7 Kalamazoo Christian
Active Recovery; Walk or Play for 30 Minutes	6 Mile Run; Strength Train	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	18 Miles E
8	9	10	11	12	13	14 Comstock High School
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	20 miles E
15	16	17	18	19	20	21 Borgess Health & Fitness Center
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	15 miles E
22	23	24	25	26	27	28 Borgess Health & Fitness Center
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	8 or 10 Miles Easy
29	30					
Active Recovery; Walk or Play for 30 Minutes	5 Mile Run; Strength Train					

Marathon - Complete

May, 2018



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		1	2	3	4	5
KEY: E=Easy RPE= Rate of Perceived Exertion		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	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 - Complete