

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

## Marathon - Complete

# 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>	Cross Train; Strength Train or Walk	6 Miles Run	Active Recovery; Walk or Play for 30 Minutes	4 Miles E; Strength Train	Off/Rest	8 Miles E
8	9	10	11	12	13	14 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	4 Miles E; Strength Train	Off/Rest	6 Miles E
15	16	17	18	19	20	21 WMU BTR
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	9 Miles E
22	23	24	25	26	27	28 Lighthouse Community Church
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
29	30	31				
Active Recovery	Cross Train; Strength Train or Walk	6 Mile Run				

## Marathon - Complete

# February, 2017



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

## Marathon - Complete

# March, 2017



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

## Marathon - Complete

# April, 2017



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

# May, 2017



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	1	2	3	4	5	6
Active Recovery; Walk or Play for 30 Minutes	5 Miles E; Strength Train	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
7  at the BORGESS Run for the Health of It!	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