

FALL MARATHON FULL TRAINING SCHEDULE

JUNE & MORE

2009

| | SUNDAY | MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | SATURDAY |
|------|--------------------|------------------|--|--------------------|--|--|--|
| | 14 | 15 | 16 | 17 | 18 | 19 | 20 1st session 7:00am OBV Running Spot 6 mile Time Trial |
| wk 1 | 21 3 miles easy | 22 Rest or XT | 23 2nd session 6:30pm OBV Running Spot Pre-Blast Run 4-6 miles | 24 3 miles easy | 25 3-6 miles - progressive pace run Blast Pick-Up @ Spot 10-7pm | 26 Rest or XT Blast Pick-Up @ Spot 10-7pm | 27 3rd session HP Blast Race 4m- 8am or 5-7 miles at OBV 7am |
| wk2 | 28 3 miles easy | 29 Rest or XT | 30 4th session 6:30pm OBV Running Spot Hill Repeats -4- 6 miles | 1 3 miles easy | 2 3-6 miles easy run if racing on 4th if not, progressive pace run | 3 Rest or XT | 4 5th session Evendale 10K 8am On your own 6-9 miles |
| wk3 | 5 3 miles easy | 6 Rest or XT | 7 6th session 6:30pm Newport on the Levee Road Intervals 5-7 miles | 8 3 miles easy | 9 5-7 miles - progressive pace run | 10 Rest or XT | 11 7th session 7:00am Crossroads 7-10 miles |

***BOLD DATES ARE GROUP RUNS/ACTIVITIES

OBV Running Spot
1993 Madison Rd
Cinti, OH 45208
513-321-3006

Running Spot Glendale
267 East Sharon Road
Glendale, OH 45246
513-772-7999

Running Spot Loveland
127 W. Loveland Ave.
Loveland, OH 45140
513-831-2378

Lunken Airport Terminal
(On Wilmer Road near
Kellogg Avenue)
Off of Columbia Pkwy at Beechmont

Crossroads Church
corner of Madison & Ridge
in Oakley

Newport On Levee
KY side of Purple People
Bridge

C **Joe Fung**
O **Steve Hogan**
A **Sarah Blackert**
C **Robert Moore**
H **Marie O'Reilly**
Tracy Mayer
I **Laurie Davis**
N **Regina Ford Fowler**
F
O **Joe Brinkmann**

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