

FALL HALF-MARATHON 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 3 mile Time Trial
wk 1	21 2 miles easy	22 Rest or XT	23 2nd session 6:30pm OBV Running Spot Pre-Blast Run 2-4 miles	24 2 miles easy	25 2-4 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 3-5 miles at OBV 7am
wk2	28 2 miles easy	29 Rest or XT	30 4th session 6:30pm OBV Running Spot Hill Repeats -2- 4 miles	1 2 miles easy	2 2-4 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 4-6
wk3	5 2 miles easy	6 Rest or XT	7 6th session 6:30pm Newport on the Levee Road Intervals 2-4 miles	8 2 miles easy	9 2-4 miles - progressive pace run	10 Rest or XT	11 7th session 7:00am Crossroads 5-7 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	fallmarathontraining@runningspot.com	513-885-4538					C
O	Cathy Russo							O
A	Kyle Allen							A
C	Steve Hamm							C
H	Paula Koenigs							H
	Michael Fecher							
I	Jason Birkle							I
N	Christine Mouch							N
F	Jack Pille							F
O	Joe Brinkmann	training@runningspot.com	cell 513-686-0094					O