

RUNNING SPOT HALF WALKING TRAINING PROGRAM

February 2010

| SUNDAY | MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | SATURDAY |
|--------------|--|---|--------------|--------------|------------|---|
| | 1 40 min | 2 6:30pm Crossroads 55 min | 3 OFF/XT | 4 40 min | 5 Rest | 6 8am Glendale Spot 6 miles |
| 7 OFF/XT | 8 40 min | 9 6:30pm OBV Spot 55 min | 10 OFF/XT | 11 40 min | 12 Rest | 13 8am OBV Spot 7 miles |
| 14 OFF/XT | 15 40 min | 16 6:30pm Newport On Levee 60 min | 17 OFF/XT | 18 40 min | 19 Rest | 20 8am Newport On Levee 8 miles |
| 21 OFF/XT | 22 40 min | 23 6:30pm OBV Spot 60 min | 24 OFF/XT | 25 40 min | 26 Rest | 27 8am Loveland Spot 7 miles |
| 28 OFF/XT | Legend OBV Spot = Running Spot in O'Bryonville; 1993 Madison Rd, Cinti 45208 513.321.3006 GLN Spot = Running Spot in Glendale; 267 E Sharon Rd, Cinti 45246 513.772.7999 LOVE Spot = Running Spot in Loveland; 127 W Loveland Ave, Loveland 45140 513.831.2378 Newport Spot = Running Spot in Newport; 317 Monmouth St, Newport 41071 859.491.9500 Newport On The Levee = Newport On The Levee; KY side of Purple People Bridge Crossroads = Crossroads Community Church; corner of Ridge & Madison in Oakley | | | | | Head Coach Pete Dewbury 513.218.3247 pdewbury@cinci.rr.com |

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