

RUNNING SPOT MARATHON "Walking" Schedule

February 2010

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	
	1 1 hour walk	2 OFF/Cross Tng	3 6:30 PM OBV 1 hour - hill workout Clothing Clinic @ 6:00	4 1 hour walk Easy	5 OFF	6 OBV @ 7:00AM 10-11 miles	Week 6
7 OFF/Cross Tng	8 1 hour walk	9 OFF/Cross Tng	10 6:30 PM Crossroads 1 hour speed workout	11 1 hour walk Easy	12 OFF	13 OBV @ 7:00AM 12-13 miles	Week 7
14 OFF/Cross Tng	15 1 hour walk	16 OFF/Cross Tng	17 6:30 PM Crossroads 1 hour - hill workout	18 1 hour walk Easy	19 OFF	20 OBV 7:00:00 AM 14-15 miles	Week 8
21 OFF/Cross Tng	22 1 hour walk	23 OFF/Cross Tng	24 6:30 PM OBV 1 hour - negative split Nutrition/Hydration Clinic @ 6:00	25 1 hour walk Easy	26 OFF	27 Newport 7:00:00 AM 10 miles	Week 9
28 OFF/Cross Tng			ALL WEDNESDAY WALKS WILL BE OUTSIDE				

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
Rich Weber**

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Additional Coach
Contact Info

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