

RUNNING SPOT MARATHON "Running" Schedule - OHIO GROUP

February 2012

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY	
		A Group = Those runners who run 9:30 per mile pace and higher, plus run/walkers	B Group = Those runners who run from 8:30 to 9:30 per mile pace	C Group = Those runners who run 8:30 per mile pace or faster			
		1 6:30pm A - OBV Spot(no Springer parking) B - Newport Levee C - St. Cecilia 6-7m Hill Repeats	4-6m easy	2 REST or XT	3	4 Newport Levee A: 7am B: 7:15am C: 7:30am 8-10 miles OH & KY groups together	5 4-6m easy or rest Makeup Workout 8am-OBV Spot
6-7m @ Goal Pace	6 REST or XT	7	8 6:30pm ALL OH Newport Levee Intervals 6-7m Happy Hour @ Arnie's after	9 REST or XT	10	11 OBV Spot A: 7am B: 7:15am C: 7:30am 7-8 miles 8am - Optional Run Loveland Spot	12 4-6m easy or rest Makeup Workout 8am-Newport Spot
6-7m @ Goal Pace	13 REST or XT	14	15 6:30pm A - St. Cecilia B - Lunken Terminal C - Newport Levee 6-7m Hill Route	16 REST or XT	17	18 Newport Levee A: 7am B: 7:15am C: 7:30am 10-12 miles OH & KY groups together	19 4-6m easy or rest Makeup Workout 8am-OBV Spot
6-7m @ Goal Pace	20 REST or XT	21	22 6:30pm A - Newport Levee B - St Cecilia C - OBV Spot 6-7m Hill Repeats	23 REST or XT	24	25 OBV Spot A: 7am B: 7:15am C: 7:30am 12-14 miles	26 4-6m easy or rest Makeup Workout 8am-Newport Spot
7-8m @ Goal Pace	27 REST or XT	28	29 6:30pm A - OBV Spot B - Newport Levee C - St. Cecilia 6-7m Intervals				
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; Main entrance on 3rd St. Lunken Terminal = 262 Wilmer Ave., 45226 St. Cecilia = 3105 Madison Rd, park in back parking lot, enter on Taylor or Gilmore				Primary Coach Info: Joe Fung 513.885.4538 fallmarathontraining@gmail.com Cathy Russo 513.484.1446 russoclr@msn.com Cliff Jennings 513-206-5886 cliff.triathlete@gmail.com Sarah Blackert 513.673.4289 fitnessfreak@cinci.rr.com			
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