

## RUNNING SPOT MARATHON "WALK" Schedule

**February 2012**

| MONDAY                    | TUESDAY                    | WEDNESDAY  | THURSDAY                                  | FRIDAY                     | SATURDAY                                | SUNDAY                    |
|---------------------------|----------------------------|--|---|----------------------------|---|---------------------------|
|                           |                            | 1<br>Newport Levee @ 6:30<br>1 hour - Negative Split<br>Happy Hour with<br>1/2 marathon walkers                | 2<br>1 hour walk<br>Easy                  | 3<br>REST or<br>Cross Tng  | 4<br>Warehouse @ 7:00<br>9-10 miles     | 5<br>1 hour walk<br>Easy  |
| 6<br>1 hour walk<br>Easy  | 7<br>REST or<br>Cross Tng  | 8<br>Warehouse @ 6:30:00 PM<br>1 hour<br>Speed workout   | 9<br>1 hour walk<br>Easy                  | 10<br>REST or<br>Cross Tng | 11<br>Warehouse @ 7:00<br>11-12 miles   | 12<br>1 hour walk<br>Easy |
| 13<br>1 hour walk<br>Easy | 14<br>REST or<br>Cross Tng | 15<br>Fueling/Hydration Clinic @ 6:00<br>in OBV Museum<br>Tng OBV @ 6:30<br>1 Hour - Hill training / technique | 16<br>1 hour walk<br>Easy                 | 17<br>REST or<br>Cross Tng | 18<br>OBV @ 7:00<br>13-14 miles         | 19<br>1 hour walk<br>Easy |
| 20<br>1 hour walk<br>Easy | 21<br>REST or<br>Cross Tng | 22<br>Warehouse @ 6:30<br>1 hour<br>Negative split   | 23<br>1 hour walk<br>Easy                 | 24<br>REST or<br>Cross Tng | 25<br>Warehouse @ 7:00<br>8 or 10 miles | 26<br>1 hour walk<br>Easy |
| 27<br>1 hour walk<br>Easy | 28<br>REST or<br>Cross Tng | 29<br>Warm-up/Stretching Clinic @ 6:00<br>at Warehouse<br>Tng Warehouse @ 6:30<br>Hill Training / technique    | ALL WEDNESDAY<br>WALKS WILL BE<br>OUTSIDE |                            |   |                           |

No Parking Springer on Feb 15 , Wed

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| <p><b>Legend</b><br/> <b>OBV Spot</b> = Running Spot in O'Bryonville; 1993 Madison Rd, Cinti 45208 513.321.3006<br/> <b>GLN Spot</b> = Running Spot in Glendale; 267 E Sharon Rd, Cinti 45246 513.772.7999<br/> <b>LOVE Spot</b> = Running Spot in Loveland; 127 W Loveland Ave, Loveland 45140 513.831.2378<br/> <b>Newport Spot</b> = Running Spot in Newport; 317 Monmouth St, Newport 41071 859.491.9500<br/> <b>Spot Warehouse</b> = 4400 Marburg Ave, Cincinnati, OH 45209<br/> <b>Newport On The Levee</b> = Newport On The Levee; KY side of Purple People Bridge<br/> <b>Crossroads</b> = Crossroads Community Church; corner of Ridge &amp; Madison in Oakley</p> | <p><b>Primary Coach Info:</b><br/> <b>Rich Weber</b><br/>                     513.484.4952<br/> <a href="mailto:richpatweber@netscape.net">richpatweber@netscape.net</a><br/> <br/> <b>Karen Kramer</b><br/>                     513.227.3523<br/> <a href="mailto:kkramer@riverbendtitle.com">kkramer@riverbendtitle.com</a></p> |
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|                  |              |              |                |               |                         |
|------------------|--------------|--------------|----------------|---------------|-------------------------|
| Additional Coach | Lynn Corson  | 513-225-5211 | Jim McGruder   | 513-497-1800. |                         |
| Contact Info     | Melissa Cox  | 513-549-4884 | Brenda Russell | 513-465-1272  | Rich Weber 513-484-4952 |
|                  | Dean Hissett | 513-680-9531 |                |               |                         |
|                  | Karen Kramer | 513-227-3523 |                |               |                         |