

RUNNING SPOT "Half Marathon" Training Schedule - Ohio February 2012

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
		1 REST/X-Train	2 25-35 minutes Easy	3 REST	4 OBV Spot 7:30 - Group A 7:45 - Group B 8:00 - Group C 5-6 miles	5 REST/X-Train Makeup Session Running Spot OBV 8:00 AM
6 25-35 minutes Easy	7 6:30 PM All "OH" Groups at Arnie's On The Levee in Newport 40 minutes <i>Post-Run Happy Hour!</i>	8 REST/X-Train	9 25-35 minutes Easy	10 REST	11 Newport On Levee 7:30 - Group A 7:45 - Group B 8:00 - Group C 5 miles 8:00 am - Optional Run Loveland Spot	12 REST/X-Train Makeup Session Running Spot NPT 8:00 AM
13 25-35 minutes Easy	14 6:30 PM Group A - Newport On Levee Group B - Crossroads Annex Group C - OBV Spot 45 minutes	15 REST/X-Train	16 25-35 minutes Easy	17 REST	18 Crossroads Annex 7:30 - Group A 7:45 - Group B 8:00 - Group C 6-7 miles	19 REST/X-Train Makeup Session Running Spot OBV 8:00 AM
20 30-40 minutes Easy	21 6:30 PM Group A - OBV Spot Group B - Crossroads Annex Group C - Newport On Levee 45 minutes	22 REST/X-Train	23 30-40 minutes Easy	24 REST	25 Newport On Levee 7:30 - Group A 7:45 - Group B 8:00 - Group C Both OH & KY groups 7-8 miles	26 REST/X-Train Makeup Session Running Spot NPT 8:00 AM
27 30-40 minutes Easy	28 6:30 PM Group A - Newport On Levee Group B - OBV Spot Group C - St Cecilia 50 minutes	29 REST/X-Train	Group A = All Run/Walkers Group B = Runners 10:30 per mile pace and above Half Goal = over 2:15			Group C = Runners 10:15 per mile pace and below. Half Goal = under 2:15

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 Annex = smaller building in front of Church on Madison in Oakley
St Cecilia Church = corner of Madison & Gilmore in Oakley Square

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