

Running Spot Half Marathon "Walking" Training Schedule February 2012

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
		1 Newport On Levee 6:30 PM 55 min walk Happy Hour w/Full Walk	2 40 min walk	3 rest	4 Running Spot Warehouse 7:30am 6 miles	5 off/xt
6 40 min walk	7 OBV Spot 6:30pm 60 minutes	8 off/xt	9 40 min walk	10 rest	11 Newport ON Levee 7:30am 5-7 miles	12 off/xt
13 40 min walk	14 Running Spot Warehouse 6:30pm Hills	15 off/xt	16 40 min walk	17 rest	18 OBV Spot 7:30am 6-8 miles	19 off/xt
20 40 min walk	21 Newport On Levee 6:30 PM 60 minutes	22 off/xt	23 40 min walk	24 rest	25 Running Spot Warehouse 7:30am 7-9 miles	26 off/xt
27 40 min walk	28 Running Spot Warehouse 6:30pm Hills	29 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
Running Spot Warehouse = 4400 Marburg Avenue in Oakley

Primary Coach Info:

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