

Empire Runners Group Training

January 2008

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p>Key: M=miles, m=meters, K=kilometers, G.P.=goal pace Group I (>45M/wk): run as written; Group II (30-45M/wk): 3/4 of workout; Group III (20-30M/wk): 2/3 of workout; Group IV (<20M/wk): 1/2 of workout</p>						
		1	2	3	4	5
		5M at comfortable pace 5:30p Fleet Feet shoe store, 3rd St., SR	6M at medium pace 4:30p Howarth Park	3M at comfortable pace or Off	1.5M jog, 15x60 sec. at 5K G.P., jog 60 sec between each 8:30a Training Run, Railroad Square, SR	
6	7	8	9	10	11	12
10M at comfortable pace 8:00a Parktrail Drive at Summerfield Drive	5M at comfortable pace 7:00p 1932 Yolo Court, SR: 6.5M at 7:30 pace	1.5M jog, 15x45 sec. hill repeats 5:30p 3390 Princeton Drive, SR	6M at comfortable pace 5:30p Fleet Feet shoe store, 3rd St., SR	7M total with 2M (12-13 min.) at strong pace 4:30p Howarth Park	5M at comfortable pace or off	8M total with 2x10 min. @ 10K GP, jog 15 min. between 8:30a Training Run, Railroad Square, SR
13	14	15	16	17	18	19
12M at medium pace 8:00a Cobblestone Trailhead at Summerfield Drive	5M at comfortable pace 7:00p 1932 Yolo Court, SR: 6.5M at 7:30 pace	7M with 16x60 sec. at 5K G.P. 5:30p 3390 Princeton Drive, SR	6M at comfortable pace 5:30p Fleet Feet shoe store, 3rd St., SR	7M total with 2.5M (16-17 min.) at strong pace Newsletter Deadline 4:30p Howarth Park	5M at comfortable pace or Off	1.5M jog, 8x90 sec. at 5K G.P., jog 90 sec between each 8:30a Training Run, Railroad Square, SR
20	21	22	23	24	25	26
12M at medium pace 8:00a Parktrail Drive at Summerfield Drive	6M at comfortable pace 7:00p 1932 Yolo Court, SR: 6.5M at 7:30 pace	1.5M jog, 10x2min. at 2M G.P. 5:30p 3390 Princeton Drive, SR	6M at comfortable pace 5:30p Fleet Feet shoe store, 3rd St., SR	7M total with 3M (19-20 min.) at strong pace 4:30p Howarth Park 6:30p Club Meeting, MV RT Pizza	5M at comfortable pace or Off	1.5M jog, 5x3 minutes. at 10K G.P., jog 2 min. between each 8:30a Training Run, Railroad Square, SR
27	28	29	30	31	1	2
8M at medium pace 8:00a Lawndale Trailhead off Lawndale Road in Kenwood	4M at comfortable pace 7:00p 1932 Yolo Court, SR: 6.5M at 7:30 pace	5M with 12x300 sec. at 1M G.P. 5:30p 3390 Princeton Drive, SR	4M at comfortable pace 5:30p Fleet Feet shoe store, 3rd St., SR	5M total with 2.5M (9-10 min.) at medium-strong pace 4:30p Howarth Park	3M at comfortable pace or Off	1.5M jog, 10x30 sec. at 2M G.P., jog 30 sec between each 8:30a Training Run, Railroad Square, SR