

Empire Runners Club of Sonoma County

September 2008

Sun	Mon	Tue	Wed	Thu	Fri	Sat
<p>12M at medium pace 31 8:00a Parktrail Drive at Summerfield Drive</p>	<p>7:00p 1932 Yolo Court, SR: 6.5M at 7:30 pace 1</p>	<p>JC Lawn Repeats: 6x500m at strong pace 2 5:30p SRJC Lawn along Mendocino Avenue</p>	<p>5:30p Fleet Feet shoe store, 3rd St., SR 3</p>	<p>5M with 1.5M at strong pace 4 5:30p Howarth Park</p>	<p>5</p>	<p>Race: Golden Gate 4M XC 6 8:30a Training Run, Railroad Square, SR</p>
<p>Race: Annadel Loop 7M, 8 a.m. on Channel Drive in SR 7</p>	<p>7:00p 1932 Yolo Court, SR: 6.5M at 7:30 pace 8</p>	<p>8x400m@3M G.P. 9 5:30p 3390 Princeton Drive, SR</p>	<p>5:30p Fleet Feet shoe store, 3rd St., SR 10</p>	<p>4.5M with 4x60sec. at strong pace 11 5:30p Howarth Park</p>	<p>12</p>	<p>Spring Lake: Viking Opener 2M XC 13 8:30a Training Run, Railroad Square, SR</p>
<p>8M at medium pace 14 8:00a Parktrail Drive at Summerfield Drive</p>	<p>7:00p 1932 Yolo Court, SR: 6.5M at 7:30 pace 15</p>	<p>Hill Repeats: 10x80 seconds 16 5:30p 3390 Princeton Drive, SR</p>	<p>5:30p Fleet Feet shoe store, 3rd St., SR 17</p>	<p>Newsletter Deadline: Chris Mason, Editor 18 7M with 4M at strong pace 5:30p Howarth Park</p>	<p>19</p>	<p>Race: Marin Trail Relay, Stinson Beach 20 8:30a Training Run, Railroad Square, SR</p>
<p>12M at medium pace 21 8:00a Cobblestone Trailhead on Channel Drive</p>	<p>7:00p 1932 Yolo Court, SR: 6.5M at 7:30 pace 22</p>	<p>2x800m@2M G.P., 2x600m@1M G.P., 2x400m@800m G.P. 23 5:30p 3390 Princeton Drive, SR</p>	<p>5:30p Fleet Feet shoe store, 3rd St., SR 24</p>	<p>8M with 20 hill sprints of 15-30 sec. each 25 5:30p Howarth Park 7:30p Club Meeting, MV RT Pizza</p>	<p>26</p>	<p>8:30a Training Run, Railroad Square, SR 27</p>
<p>12M at medium pace 28 8:00a Lawndale Trailhead off Lawndale Road in Kenwood</p>	<p>7:00p 1932 Yolo Court, SR: 6.5M at 7:30 pace 29</p>	<p>1200@2M GP, 800@1M GP, 600@1M GP, 2x400@800m GP; jog same 30 5:30p 3390 Princeton Drive, SR</p>	<p>5:30p Fleet Feet shoe store, 3rd St., SR 1</p>	<p>5M str</p>	<div style="border: 1px solid black; padding: 5px;"> <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> </div>	