

Team Training / Group Runs

The Empire Runners website has a full calendar with races and training runs posted.

Group training is helpful in that it takes a lot of pressure off the individual. We are an encouraging lot who try to use these sessions to build discipline and fitness through focused workouts while making it as fun as possible. Our “Coach” is Larry Meredith, former Montgomery High School Track and Cross-Country coach.

For cross-country, we mainly stick to:

Workout	When?	Where?	How far?	Pace?
Long Run	Sunday 8 am	Annadel State Park at one of the following start locations: <i>(see Training Calendar on the ER website)</i> <ul style="list-style-type: none"> • Parktrail at Summerfield • Channel Drive at Cobblestone Trailhead or • Lawndale Trailhead (near Kenwood) 	8-13 Miles	Easy to medium
Interval / Speed	Tuesday 5:30 pm	One of the following locations: <i>(see Training Calendar on the ER website)</i> <ul style="list-style-type: none"> • 3390 Princeton, Santa Rosa • Montgomery High School or • Santa Rosa Junior College front lawn 	6 Miles	Medium/Hard
Tempo	Thursday Thru Oct 22 5:30 pm From Oct 29 4:30 pm	Howarth Park Upper Parking Lot	6-9 Miles	Medium/Hard

These workouts fit all abilities. Come join us.