

April 2015

March 2015							April 2015							May 2015							
S	M	T	W	T	F	S	S	M	T	W	T	F	S	S	M	T	W	T	F	S	
1	2	3	4	5	6	7	1	2	3	4										1	2
8	9	10	11	12	13	14	5	6	7	8	9	10	11	3	4	5	6	7	8	9	
15	16	17	18	19	20	21	12	13	14	15	16	17	18	10	11	12	13	14	15	16	
22	23	24	25	26	27	28	19	20	21	22	23	24	25	17	18	19	20	21	22	23	
29	30	31					26	27	28	29	30			24	25	26	27	28	29	30	
														31							

grouptraining@empirerunners.org

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
29 8:00 AM Loop de Loop 14M / 2x7M Relay	30	31 16x200m 5:30 PM Heart & Sole Run 5:30 PM Interval Training	1 5:30 PM Fleet Feet Run	2 5M at Comfortable Pace 5:30 PM Howarth Park	3	4 8:00 AM Marin County Half Marathon, 10K & 5K 8:30 AM Railroad Square, SR
5 8M Trail Run 8:00 AM Parktrail Drive	6	7 3x800m; 6x400m 5:30 PM Interval Training 5:30 PM Heart & Sole Run	8 5:30 PM Fleet Feet Run	9 7M w/20x30 sec. at 5K Pace 5:30 PM Howarth Park	10	11 8:00 AM Wild Boar Half Marathon & 10K 8:00 AM Annadel Half Marathon 8:30 AM Railroad Square, SR 10:00 AM Donut Run 5K
12 9.5M Trail Run 8:00 AM Channel Drive	13	14 5x300m, 4x...m, alternating 5:30 PM Interval Training 5:30 PM Heart & Sole Run	15 5:30 PM Fleet Feet Run	16 8.6M at Medium Pace 5:30 PM Howarth Park	17	18 8:30 AM Railroad Square, SR 8:00 PM Night Sweats Trail Marathon
19 10M Trail Run 8:00 AM Parktrail Drive 8:00 AM Napa Valley Silver- ado Half Marathon, 10K & 5K 9:00 AM Petaluma Footrace 5M & 3M ... Night Sweats Trail Marathon	20	21 5x800m 5:30 PM Heart & Sole Run 5:30 PM Interval Training	22 5:30 PM Fleet Feet Run	23 9.5M w/21x...ec. at 1M Pace 5:30 PM Howarth Park 7:30 PM ER Club Meeting	24	25 8:30 AM Railroad Square, SR
26 11M Trail Run 8:00 AM Channel Drive 8:15 AM Viking Track Clas- sic 2M	27	28 800m; 2x60...00m; 4x200m 5:30 PM Interval Training 5:30 PM Heart & Sole Run	29 5:30 PM Fleet Feet Run	30 4.6M w/4x6...at Strong Pace 5:30 PM Howarth Park	1	2 8:30 AM Railroad Square, SR