

# December 2014

November 2014							December 2014							January 2015							
S	M	T	W	T	F	S	S	M	T	W	T	F	S	S	M	T	W	T	F	S	
						1	1	2	3	4	5	6							1	2	3
2	3	4	5	6	7	8	7	8	9	10	11	12	13	4	5	6	7	8	9	10	
9	10	11	12	13	14	15	14	15	16	17	18	19	20	11	12	13	14	15	16	17	
16	17	18	19	20	21	22	21	22	23	24	25	26	27	18	19	20	21	22	23	24	
23	24	25	26	27	28	29	28	29	30	31	25	26	27	28	29	30	31				
30																					

grouptraining@empirerunners.org

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
30 8:00 AM McGuire's Break-fast Run 10K & 3K	1	2 6M w/Street Sign Intervals 5:30 PM Heart & Sole Run	3 5:30 PM Fleet Feet Run	4 6M w/2.5M a...-Strong Pace 4:30 PM Howarth Park	5	6 8:30 AM Railroad Square, SR 9:00 AM Girls on the Run 5K
7 10M at Medium Pace 8:00 AM Channel Drive	8	9 6M w/20x30...2M Goal Pace 8:00 AM Lawdale Road 5:30 PM Heart & Sole Run	10 5:30 PM Fleet Feet Run	11 3M at Comfortable Pace 4:30 PM Howarth Park	12	13 8:30 AM Railroad Square, SR 9:00 AM Last 10K & Final 2M
14 8M at Medium Pace 8:00 AM Parktrail Drive 9:00 AM Christmas Relays 4x4.6M	15	16 12x300m at 1M Goal Pace 5:30 PM Heart & Sole Run	17 5:30 PM Fleet Feet Run	18 7M at Comfortable Pace 4:30 PM Howarth Park 6:30 PM ER Club Meeting	19	20 8:30 AM Railroad Square, SR
21 6M at Medium Pace 8:00 AM Channel Drive	22	23 3x1M at 3M Pace 5:30 PM Heart & Sole Run	24 5:30 PM Fleet Feet Run	25 6M at Comfortable Pace 8:00 AM Howarth Park Christmas Run	26	27 8:30 AM Railroad Square, SR
28 5M at Comfortable Pace 8:00 AM Parktrail Drive	29	30 3M w/4x1 m...5K Goal Pace 5:30 PM Heart & Sole Run	31 5:30 PM Fleet Feet Run	1 10:00 AM Resolution Run 5K	2	3 8:30 AM Railroad Square, SR