

# February 2016

January 2016							February 2016							March 2016						
S	M	T	W	T	F	S	S	M	T	W	T	F	S	S	M	T	W	T	F	S
					1	2	1	2	3	4	5	6	1	2	3	4	5			
3	4	5	6	7	8	9	7	8	9	10	11	12	13	6	7	8	9	10	11	12
10	11	12	13	14	15	16	14	15	16	17	18	19	20	13	14	15	16	17	18	19
17	18	19	20	21	22	23	21	22	23	24	25	26	27	20	21	22	23	24	25	26
24	25	26	27	28	29	30	28	29	27	28	29	30	31							
31																				

- US Holidays
- grouptraining@empirerunners.org

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
31 ■ 8:00 AM Channel Drive ■ 5:00 PM ER Club Awards Banquet	1 ■ 12M at Medium Pace	2 <b>Groundhog Day</b> ■ 5:30 PM Heart & Sole Run	3 ■ 6Mw/12x1min.at 1M Goal Pace ■ 5:30 PM Fleet Feet Run	4	5 ■ 7M w/3M Tempo	6 ■ 8:30 AM Railroad Square, SR
7 ■ 8:00 AM Parktrail Drive	8 ■ 9M at Medium Pace ■ 9:00 AM Tamalpa Couples Relay	9 ■ 5:30 PM Heart & Sole Run	10 ■ Hill Repeats, 10x30sec. ■ 5:30 PM Fleet Feet Run	11	12 <b>Lincoln's Birthday</b> ■ 5M w/1.5M Tempo	13 ■ 8:30 AM Railroad Square, SR
14 <b>Valentine's Day</b> ■ 8:00 AM Channel Drive	15 <b>Washington's Birthday</b> ■ 9:00 AM Valley Ford Relay 4x2.75M	16 ■ 5:30 PM Heart & Sole Run	17 ■ 5M with Street Sign Intervals ■ 5:30 PM Fleet Feet Run	18	19 ■ 6M w/10x1min at 5K Pace	20 ■ 8:30 AM Railroad Square, SR
21 ■ 8:00 AM Parktrail Drive	22 ■ 10M at Medium Pace	23 ■ 5:30 PM Heart & Sole Run	24 ■ Hill Repeats, 10x90sec ■ 5:30 PM Fleet Feet Run	25	26 ■ 5.6M w/2.8M Tempo	27 ■ 8:30 AM Railroad Square, SR
28 ■ 8:00 AM Channel Drive	29	1 ■ 12M at Medium Pace ■ 7:00 AM Napa Valley Marathon & 5K ■ 5:30 PM Heart & Sole Run	2 ■ 5:30 PM Fleet Feet Run	3 ■ 12x200m at 5K Goal Pace	4	5 ■ 6M w/1.5M Tempo ■ 8:30 AM Railroad Square, SR