

January 2015

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

grouptraining@empirerunners.org

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
28 5M at Comfortable Pace 8:00 AM Parktrail Drive	29	30 3M w/4x1 m...5K Goal Pace 5:30 PM 3390 Princeton Drive 5:30 PM Heart & Sole Run	31 5:30 PM Fleet Feet Run 11:00 PM Mad Dash to Mid-night	1 10:00 AM Resolution Run 5K ... Mad Dash to Midnight	2	3 8:30 AM Railroad Square, SR 10:00 AM New Year's 5K Family Fun Run
4 10M at Medium Pace 8:00 AM Channel Drive	5	6 Hill Repeats, 15x45-sec. 5:30 PM 3390 Princeton Drive 5:30 PM Heart & Sole Run	7 5:30 PM Fleet Feet Run	8 7M w/2M Tempo 4:30 PM Howarth Park	9	10 8:30 AM Railroad Square, SR
11 12M at Medium Pace 8:00 AM Parktrail Drive	12	13 10x2min. at 2M Goal Pace 5:30 PM 3390 Princeton Drive 5:30 PM Heart & Sole Run	14 5:30 PM Fleet Feet Run	15 7M w/2.5M Tempo 4:30 PM Howarth Park	16	17 8:00 AM Steep Ravine Trail Run 8:30 AM Railroad Square, SR
18 12M at Medium Pace 8:00 AM Lawndale Road	19	20 Hill Repeats, 12x60-sec. 5:30 PM 3390 Princeton Drive 5:30 PM Heart & Sole Run	21 5:30 PM Fleet Feet Run	22 7M w/3M Tempo 4:30 PM Howarth Park 6:30 PM ER Club Meeting	23	24 8:30 AM Railroad Square, SR
25 8M at Medium Pace 8:00 AM Parktrail Drive	26	27 12x400m at 2M Goal Pace 5:30 PM 3390 Princeton Drive 5:30 PM Heart & Sole Run	28 5:30 PM Fleet Feet Run	29 7M w/2.5M Tempo 4:30 PM Howarth Park	30	31 8:30 AM Railroad Square, SR 5:00 PM ER Club Awards Banquet