

# July 2014

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

grouptraining@empirerunners.org

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
29 6.5M at Comfortable Pace 8:00 AM Parktrail Drive	30 7:00 PM 1932 Yolo Court, SR	1 8x400@2M Pace 5:30 PM Interval Training 5:30 PM Heart & Sole Run	2 5:30 PM Fleet Feet Run	3 5.6M at Comfortable Pace 5:30 PM Howarth Park	4 7:30 AM Kenwood Footrace 10K & 3K	5 8:30 AM Railroad Square, SR
6 7.5M at Medium Pace 8:00 AM Channel Drive	7 7:00 PM 1932 Yolo Court, SR	8 5:30 PM Heart & Sole Run 6:30 PM Summer Track Series	9 5:30 PM Fleet Feet Run	10 7M w/20x30 sec.@5K Pace 5:30 PM Howarth Park	11	12 8:30 AM Railroad Square, SR
13 10M Trail Run 8:00 AM Parktrail Drive	14 7:00 PM 1932 Yolo Court, SR	15 12x300m@800m Pace 5:30 PM Interval Training 5:30 PM Heart & Sole Run	16 5:30 PM Fleet Feet Run	17 8.6M at Medium Pace 5:30 PM Howarth Park	18	19 8:30 AM Railroad Square, SR
20 6.5M Trail Run 8:00 AM Channel Drive	21 7:00 PM 1932 Yolo Court, SR	22 5:30 PM Heart & Sole Run 6:30 PM Summer Track Series	23 5:30 PM Fleet Feet Run	24 5M w/1.5M Tempo 5:30 PM Howarth Park 7:30 PM ER Club Meeting	25	26 8:30 AM Railroad Square, SR
27 12M Trail Run 8:00 AM Parktrail Drive	28 7:00 PM 1932 Yolo Court, SR	29 Lawn Repeats: 6x500m 5:30 PM Heart & Sole Run 5:30 PM SRJC	30 5:30 PM Fleet Feet Run	31 7M at Medium Pace 5:30 PM Howarth Park	1	2 8:30 AM Railroad Square, SR