

June 2014

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

grouptraining@empirerunners.org

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1 12M at Medium Pace ■ 8:00 AM Hit the Road Jack ■ 8:00 AM Parktrail Drive	2 ■ 7:00 PM 1932 Yolo Court, SR	3 4x800m at 1M Goal Pace ■ 5:30 PM Heart & Sole Run ■ 5:30 PM Interval Training	4 ■ 5:30 PM Fleet Feet Run	5 8M with 8x2...t Strong Pace ■ 5:30 PM Howarth Park	6	7 ■ 8:30 AM Railroad Square, SR
8 5M at Comfortable Pace ■ 8:00 AM Fitch Mountain Footrace ■ 8:00 AM Channel Drive	9 ■ 7:00 PM 1932 Yolo Court, SR	10 ■ 5:30 PM Heart & Sole Run ■ 6:30 PM Summer Track Series	11 ■ 5:30 PM Fleet Feet Run	12 3M at Comfortable Pace ■ 5:30 PM Howarth Park	13	14 ■ 8:00 AM Riverfront Relay 2x5K
15 8M at Medium Pace ■ 8:00 AM Parktrail Drive	16 ■ 7:00 PM 1932 Yolo Court, SR	17 800m, 600m...0m, 4x200m ■ 5:30 PM Heart & Sole Run ■ 5:30 PM Interval Training	18 ■ 5:30 PM Fleet Feet Run	19 8.6M at Medium Pace ■ 5:30 PM Howarth Park	20	21 ■ 8:30 AM Railroad Square, SR
22 7M at Medium Pace ■ 8:00 AM Channel Drive	23 ■ 7:00 PM 1932 Yolo Court, SR	24 ■ 5:30 PM Heart & Sole Run ■ 6:30 PM Summer Track Series	25 ■ 5:30 PM Fleet Feet Run	26 6M w/20x30...t Strong Pace ■ 5:30 PM Howarth Park ■ 7:30 PM ER Club Meeting	27	28 ■ 8:30 AM Railroad Square, SR
29 6.5M at Comfortable Pace ■ 8:00 AM Parktrail Drive	30 ■ 7:00 PM 1932 Yolo Court, SR	1 ■ 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