

March 2015

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

grouptraining@empirerunners.org

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1 12M at Medium Pace 7:00 AM Napa Valley Marathon & 5K 8:00 AM Channel Drive	2	3 12x200m at 5K Goal Pace 5:30 PM Interval Training 5:30 PM Heart & Sole Run	4 5:30 PM Fleet Feet Run	5 6M w/1.5M Tempo 5:30 PM Howarth Park	6	7 8:30 AM Railroad Square, SR 9:15 AM Romancing the Island 12K & 25K
8 8:00 AM Parktrail Drive 9:00 AM Ilsanjo Classic 10M & 4M	9	10 12x300m at 5K Goal Pace 5:30 PM Heart & Sole Run 5:30 PM Interval Training	11 5:30 PM Fleet Feet Run	12 5M at Comfortable Pace 5:30 PM Howarth Park	13	14 6:00 AM Marin Ultra Challenge 8:30 AM Railroad Square, SR
15 9M at Medium Pace 8:00 AM Channel Drive 3:00 PM St. Patrick's Day Run/Walk	16	17 3x1600m at 2M Goal Pace 5:30 PM Interval Training 5:30 PM Heart & Sole Run	18 5:30 PM Fleet Feet Run	19 8.6M w/3.5M Tempo 5:30 PM Howarth Park	20	21 8:00 AM Whale Run 10K & 5K 8:30 AM Railroad Square, SR 9:00 AM Napa Valley Trail Marathon, Half-Marathon & 10K
22 10M at Medium Pace 8:00 AM Parktrail Drive	23	24 1600m, 120...00m, 4x400m 5:30 PM Interval Training 5:30 PM Heart & Sole Run	25 5:30 PM Fleet Feet Run	26 7M w/3.5M Tempo 5:30 PM Howarth Park 7:30 PM ER Club Meeting	27	28 8:30 AM Railroad Square, SR
29 8:00 AM Loop de Loop 14M / 2x7M Relay 8:00 AM Channel Drive	30	31 16x200m 5:30 PM Heart & Sole Run 5:30 PM Interval Training	1 5:30 PM Fleet Feet Run	2 5M at Comfortable Pace 5:30 PM Howarth Park	3	4 8:00 AM Marin County Half Marathon, 10K & 5K 8:30 AM Railroad Square, SR