

November 2014

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

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Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
26 8M at Medium Pace 8:00 AM Angwin to Angwish Trail Run 8:00 AM Channel Drive	27	28 1200, 600, 2x300 5:30 PM Heart & Sole Run 5:30 PM Interval Training	29 5:30 PM Fleet Feet Run	30 Preview of E...en XC Course 5:30 PM Howarth Park	31	1 8:30 AM Railroad Square, SR 9:00 AM PA XC: Empire Open 3.36M 12:00 PM Kathy's Race 5K
2 8M at Medium Pace 8:00 AM Parktrail Drive 9:30 AM Vines to Wine Run 5K & 10M	3	4 12x400m at 2M Goal Pace 5:30 PM Heart & Sole Run	5 5:30 PM Fleet Feet Run	6 7M w/3x4-min. Tempo 4:30 PM Howarth Park	7	8 8:30 AM Railroad Square, SR
9 9M at Medium Pace 8:00 AM Channel Drive	10	11 10x300m at 3M Goal Pace 5:30 PM Heart & Sole Run	12 5:30 PM Fleet Feet Run	13 4.6M w/6x1...at Strong Pace 4:30 PM Howarth Park	14	15 8:30 AM Railroad Square, SR
16 9M at Medium Pace 8:00 AM Parktrail Drive 9:00 AM PA XC: Championship 4M/6M	17	18 6M w/20x30...3M Goal Pace 5:30 PM Heart & Sole Run	19 5:30 PM Fleet Feet Run	20 5M w/12x20...3M Goal Pace 4:30 PM Howarth Park 6:30 PM ER Club Meeting	21	22 8:30 AM Railroad Square, SR
23 9M at Medium Pace 8:00 AM Channel Drive	24	25 8x400m at 2M Goal Pace 5:30 PM Heart & Sole Run	26 5:30 PM Fleet Feet Run	27 8:00 AM Channel Drive 9:00 AM Turkey Leg Relays	28 4:30 PM Howarth Park	29 8:30 AM Railroad Square, SR
30 8:00 AM McGuire's Breakfast Run 10K & 3K	1	2 6M w/Street Sign Intervals 5:30 PM Heart & Sole Run	3 5:30 PM Fleet Feet Run	4 6M w/2.5M a...-Strong Pace 4:30 PM Howarth Park	5	6 8:30 AM Railroad Square, SR 9:00 AM Girls on the Run 5K