

October 2014

September 2014

S	M	T	W	T	F	S
1	2	3	4	5	6	
7	8	9	10	11	12	13
14	15	16	17	18	19	20
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28	29	30				

October 2014

S	M	T	W	T	F	S
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12	13	14	15	16	17	18
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November 2014

S	M	T	W	T	F	S
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23	24	25	26	27	28	29
30						

grouptraining@empirerunners.org

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
28 8M at Medium Pace 8:00 AM Channel Drive	29	30 12x300m at 1M Pace 5:30 PM Heart & Sole Run 5:30 PM Interval Training	1 5:30 PM Fleet Feet Run	2 8.6M w/8x2...at Strong Pace 5:30 PM Howarth Park	3	4 8:30 AM Railroad Square, SR 8:30 AM PA XC: Presidio 5K
5 11M at Medium Pace 8:00 AM Parktrail Drive 9:00 AM Noyo Run 5K & 10K	6	7 1600, 1200, 2x800, 2x400 5:30 PM Heart & Sole Run 5:30 PM Interval Training	8 5:30 PM Fleet Feet Run	9 9.6M w/4x4...at Strong Pace 5:30 PM Howarth Park	10	11 8:30 AM Railroad Square, SR
12 12M at Medium Pace 7:00 AM Healdsburg Half Marathon 7:30 AM Harvest Run 10K & 5K 8:00 AM Channel Drive 8:30 AM Boggs Trail 50K & 25K 9:00 AM XC: Tamalpa	13	14 4x400, 3x800, alternating 5:30 PM Heart & Sole Run 5:30 PM Interval Training	15 5:30 PM Fleet Feet Run	16 5M w/2x3min. at Strong Pace 5:30 PM Howarth Park	17	18 8:30 AM Railroad Square, SR 8:45 AM Gualala River Runs
19 12M at Medium Pace 7:30 AM Cloverdale Harvest Marathon/HM/5K 8:00 AM Parktrail Drive	20	21 4x400, 4x300, 4x200 5:30 PM Interval Training 5:30 PM Heart & Sole Run	22 5:30 PM Fleet Feet Run	23 3x1M on Em...en XC Course 5:30 PM Howarth Park 7:30 PM ER Club Meeting	24	25 8:30 AM Railroad Square, SR 9:00 AM PA XC: Aggies 5K/4.6M
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