

July 2014

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	1	1	2	3	4	5
6	7	8 OPENING (6:15pm) Opening Session I: Shoe Clinic @ Capital Run/Walk/ Gene Meade	9 R/W/CT Rest/Walk/Cross Train	10 OPENING (6:15pm) Opening Session II. Shoe Clinic @ Capital Run/Walk/ Gene Meade	11 REST	12 RUN (8:00 am) Marginal Mile 1.0 mile @ (R/W)
13 WALK 30 mins	14 RUN (6am) or R/W/CT (Use previous SAT Distance/Interval) @ Shelley Lake, Sertoma	15 RUN (6:15pm) Open Q/A Session 1.0 mile @ (R/W) @ Shelley	16 R/W/CT Rest/Walk/Cross Train	17 RUN (6:15pm) 1.25 miles @ (R/W) @Cap Run/Walk	18 REST	19 RUN (8:00 am) 1.25 miles @ (R/W) - Zach w/Brooks Running @Shelley
20 WALK 30 - 45 mins	21 RUN (6am) or R/W/CT (Use previous SAT Distance/Interval) @ Shelley Lake, Sertoma	22 RUN (6:15pm) Open Q/A Session 1.25 miles @ (R/W) @ Shelley	23 R/W/CT Rest/Walk/Cross Train	24 RUN (6:15pm) 1.5 miles @ (R/W) @ Capital R/W Self- Defense/ Brenda	25 REST	26 RUN (8:00 am) 1.5 miles @ (R/W) @ New Balance, Glenwood
27 WALK 45 - 60 mins	28 RUN (6am) or R/W/CT (Use previous SAT Distance/Interval) @ Shelley Lake, Sertoma	29 RUN (6:15pm) Open Q/A Session 1.5 miles @ (R/W) @ Shelley	30 R/W/CT Rest/Walk/Cross Train	31 RUN (6:15pm) 1.75 miles @ (R/W) @ Capital R/W No Excuses - O'Neal/Latta		

August 2014

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
					1 REST	2 RUN (7:45 am) 1.75 miles @ (R/W) @ Fleet Feet Six Forks Rd
3 WALK 50 - 60 mins	4 RUN (6am) or R/W/CT (Use previous SAT Distance/Interval) @ Shelley Lake, Sertoma	5 RUN (6:15pm) 1.75 miles (R/W) @ Shelley	6 R/W/CT Rest/Walk/Cross Train	7 RUN (6:15pm) 2.0 miles @ (R/W) Lindsay Mumma- Stretching	8 REST	9 RUN (8:00 am) 2.0 miles @ (R/W) @ Omega North Hills
10 WALK 60 mins	11 RUN (6am) or R/W/CT (Use previous SAT Distance/Interval) @ Shelley Lake, Sertoma	12 RUN (6:15pm) 2.0 miles @ (R/W) @ Buffaloe Rd Park Track for Midway Mile	13 R/W/CT Rest/Walk/Cross Train	14 RUN (6:15pm) 2.25 miles @ (R/W) @ Capital Run/Walk Bonnie - Aradia Dance Fitness - Find your Sexy Side!	15 REST	16 RUN (8:00 am) 2.25 miles @ (R/W) @ Crabtree Valley, Park near Panera Bread.
17 WALK 60 mins	18 RUN (6am) or R/W/CT (Use previous SAT Distance/Interval) @ Shelley Lake, Sertoma	19 RUN (6:15pm) 2.25 miles @ (R/W) @ Shelley	20 R/W/CT Rest/Walk/Cross Train	21 RUN (6:15pm) 2.5 miles @ (R/W) @ Capital Run/Walk or Ale House - Terri and Robin "What's in YOUR closet?"	22 REST	23 RUN (8:00 am) 2.5 miles @ (R/W) @ APC
24 WALK 60 mins or easy run	25 RUN (6am) or R/W/CT (Use previous SAT Distance/Interval) @ Shelley Lake, Sertoma	26 RUN (6:15pm) 2.5 miles @ (R/W) @ Shelley	27 R/W/CT Rest/Walk/Cross Train	28 RUN (6:15pm) 2.75 miles @ (R/W) @ Ale House, Raleigh or NCRC Social Series Run	29 REST	30 RUN (8:00 am) 2.75 miles @ (R/W) @ Shelley Lake
31 WALK 60 mins or easy run						

September 2014

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	1 RUN (8am) or R/W/CT (Use previous SAT Distance/Interval) @ Shelley Lake, Sertoma	2 RUN (6:15pm) 2.75 mile @ (R/W) @ Shelley	3 R/W/CT Rest/Walk/Cross Train	4 RUN (6:15pm) 3.00 miles @ (R/W) @ Ale House, Raleigh or NCRC Social Series Run	5 REST	6 RUN (8:00 am) 3.1 miles @ (R/W) @ Dorothea Dix Campus
7 WALK 60 mins or easy run	8 RUN (6am) or R/W/CT (Use previous SAT Distance/Interval) @ Shelley Lake, Sertoma	9 RUN (6:15pm) 3.00 mile @ (R/W) @ Shelley	10 R/W/CT Rest/Walk/Cross Train	11 RUN (6:15pm) 3.25 miles @ (R/W) @ Ale House, Raleigh or NCRC Social Series Run	12 REST	13 RUN Volunteer Breakfast (8:00 am) 3..25 miles @ (R/W) @ Forehand Farm
14 RUN Magnificent Mile 2014	15 RUN (6am) or R/W/CT (Use previous SAT Distance/Interval) @ Shelley Lake, Sertoma	16 RUN (6:15pm) 2 mile easy run @ Shelley	17 R/W/CT Rest/Walk/Cross Train	18 PARTY Celebration Dinner!! Relax and have FUN!!	19 REST	20 RACE DAY!! CELEBRATION 5k
21	22	23	24	25	26	27
28	29	30				

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| 1. All Monday morning runs are planned for Shelley Lake |
| 2. Honor the REST day |
| 3. Hydrate all day - not just in a panic just before running |
| 4. Distance changes on Thursdays |
| 5. Interval changes on Saturdays |