## January 2014 marathon training calendar

Í	Sunday		Monday		Juesday		Wednesday	/	Thursday	Friday		Saturday	
	Go to Not for training run	up	nRun.com and dates and cance	sign ellati	formed. up to receive fro ons. Updates als hon's Facebook	so w	ill be listed on t	he					
								1	2		3		4
		5		6		7		8	9		10		11
	]	12		13	TRAINING KICKOFF!	14	L12 L22 L33	15	L1	L1Rest L2Rest L3Rest	17	Swags South 8 a.m.  L15  L25  L35	18
	L1 ·······Cross-train L2 ······Cross-train L3 ·······3	19	L1Rest L2Rest L34	20	Iroquois Park 6 p.m.  L12  L22 hills  L33 hills	21	L1 4 L2 4 L3 5	22	L1	L1 ······ Cross-train L2 ·····Rest L3 ·····Rest	24	Big 4 Bridge 8 a.m. L17 L28	25
	L1 ······ Cross-train L2 ····· Cross-train L3 ····· 3	26	L1Rest L2Rest L34	27	Big 4 Bridge 6 p.m.  L1	28	L1 4 L2 4 L3 5	29	30 L13 L23 L33	L1Rest L2Rest L3Rest	31		

## February 2014 marathon training calendar

Sunday	Monday		Tuesday		Wednesday	/	Thursday		Friday		Saturday	
											*Seneca Park 8 a.m.	1
											L18	
											L212	
											L312	
	2	3	Iroquois Park 6 p.m.	4		5		6		7	*Beckley Creek Park - 8 a.m.	8
L1 ······Cross-train	L1 ·····Res	t	L13		L1 4		L13		L1 ·····Rest		L110	
L2 ······Cross-train	L2 ·····Res	t	L2 3 hills		L25		L23		L2 ·····Rest		L210	
L35	L33	5	L3 4 hills		L35		L3 4		L3 ·····Rest		L312	
	9	10	Big 4 Bridge 6 p.m.	11		12		13		14	Swags South 8 a.m.	15
L1 ······Cross-train	L1 ·····Res	t	L13		L1 4		L13		L1 ·····Rest		L114	
L2 ······Cross-train	L2 ·····Res	t	L2 3 hills		L25		L2 4		L2 ·····Rest		L214	
L35	L3 2	1	L3 4 hills		L35		L3 4		L3 ·····Rest		L316	
1	6	17	Iroquois Park 6 p.m.	18		19		20		21		22
L1 ······Cross-train	L1 ·····Res	t	L13		L15		L13		L1 ·····Rest		ANTHEM 5K	
L2 ······Cross-train	L2 ·····Res	t	L2 4		L26		L2 4		L2 ·····Rest			
L35	L33	3	L3 4		L36		L35		L3 ·····Rest			
2	3	24	Big 4 Bridge 6 p.m.	25		26		27		28		
L1 ······Cross-train	L1 ·····Res	t	L13		L15		L13		L1 ·····Rest			
L25	L2 ·····Res	t	L2 4		L26		L2 4		L2 ·····Rest			
L36	L33	5	L3 4		L38		L35		L3 ·····Rest			
*Specific location infor communicated via ema				ո սլ	onRun.com and odates and cance	sign ellati	formed. up to receive fro ons. Updates als hon's Facebook	so w	rill be listed on t	he		

## March 2014 marathon training calendar

/				TAL TOP .								L3 - Lev	vCi 5
	Sunday	Monday		Tuesday	2	Wednesday	/	Thursday		Friday		Saturday	
				formed.								Big 4 Bridge 8 a.m.	1
1		conRun.com and		· · · · · ·								L114	
~	for training run u	*		•					L214				
7		Derby Festival M	larat	thon's Facebook	page	2.						L316	
	2	2	3	Iroquois Park 6 p.m.	4		5		6		7		8
1	L1 ······Cross-train	L1 ·····Rest		L13		L17		L1 4		L1 Rest		RODES CITY RUN	N
	L2 ······Cross-train	L2 ·····Rest		L2 3 hills		L27		L2 4		L2 ·····Rest		10K	
	L35	L3 4		L3 3 hills		L38		L35		L3 ·····Rest			
	9		10	Iroquois Park 6 p.m.	11		12	]	13		14	Iroquois Park 8 a.m.	15
	L1 ······Cross-train	L1 ·····Rest		L1 4		L17		L1 4		L1 ·····Rest		L1 16	
	L2 ······Cross-train	L2 ·····Rest		L2 ······ 4 hills		L27		L2 4		L2 ·····Rest		L216	
10	L35	L3 4		L3 4 hills		L38		L34		L3 ·····Rest		L318	
	16	5	17	Iroquois Park 6 p.m.	18		19	2	20		21		22
	L1 ······Cross-train	L1 ·····Rest		L1 4		L18		L15		L1Rest		PAPA JOHN'S	
	L2 ······Cross-train	L2 ·····Rest		L2 4 hills		L28		L25		L2 ·····Rest		10 MILER	
	L3 4	L3 4		L3 4 hills		L39		L35		L3 ·····Rest			
	23	3	24	Big 4 Bridge 6 p.m.	25		26	2	27		28	Falls of the Ohio 8 a.m.	29
	L1 ······Cross-train	L1 ·····Rest		L1 5 hills		L18		L15		L1 ·····Rest		L1 14	
	L2 ······Cross-train	L2 ·····Rest		L2 5 hills		L28		L25		L2 ·····Rest		L214	
	L35	L3 4		L3 5 hills		L39		L36		L3 ·····Rest		L316	
	30		31										
	L1 ······Cross-train	L1 ····· Rest											
	L2 ······Cross-train	L2 ·····Rest											
	L35	L3 4											
						!						!	

## **April 2014 marathon training calendar**

Monday		Tuesday		Wednesday		Thursday		Friday		Saturday		
		Iroquois Park 6 p.m.	1		2		3		4	*Seneca Park 8 a.m.	5	
		L1 4		L18		L15		L1 ····· Rest		L1 20		
		L24 hills		L210		L23		L2 ·····Rest		L2 22		
		L34 hills		L310		L33		L3 ·····Rest		L3 22		
	7	Big 4 Bridge 6 p.m.	8		9		10		11	Swags South 8 a.m.	12	
L1 ·····Rest		L1 4		L16		L1 4		L1 ·····Rest		L1 10		
L2 ·····Rest		L2 4 hills		L28		L2 4		L2 ·····Rest		L210		
L3 4		L3 4 hills		L39		L35		L3 ·····Rest		L312		
	14		15		16	Race Expo	17	Race Expo	18	GOOD LUCK!	19	
I 1Rest		113		113		112		I 1			<b>&gt;</b>	
L2 ·····Rest		L23		L2 4		L22		L2 ·····Rest		2014		
L3 ·····Rest		L33		L3 4		L32		L3 ·····Rest		KENTUCKY DERBY FESTI	VAL	
	21		22		23		24		25	MAKAINO LOUISVILLE, I	KY •	
							_,					
	28		29		30							
*Specific location information will be communicated via email and social media.				Stay informed.								
				Go to <b>NortonRun.com</b> and sign up to receive free text messages for training run updates and cancellations. Updates also will be listed on the Derby Festival Marathon's Facebook page								
	L1 Rest L2 Rest L3 Rest L3 Rest L3 Rest L3 Rest	7 L1	Iroquois Park 6 p.m.	Iroquois Park 6 p.m.	Iroquois Park   1   6 p.m.   L1	Iroquois Park   1   2   6 p.m.   L1   8   L2   10   L3   10   L3   10   L3   10   L3   10   L4   L5   10   L5   L5   L5   L5   L5   L5   L5   L	Iroquois Park   1   2	Iroquois Park   1   2   3   3	Iroquois Park   1   6 p.m.   1   2   3   3   1   1   1   1   1   1   1   1	Iroquois Park   1   6 p.m.   1   8   1   1   1   1   1   1   1   1	Iroquois Park   1   2   3   4   *Seneca Park   8 a.m.	