

January 2014 marathon training calendar

L1 = Level 1
 L2 = Level 2
 L3 = Level 3

Sunday

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday

<p style="text-align: center;">Stay informed. Go to NortonRun.com 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.</p>							
			1	2	3	4	
5	6	7	8	9	10	11	
12	13	14	15	16	17	18	
		TRAINING KICKOFF!	L12 L22 L33	L13 L23 L33	L1Rest L2Rest L3Rest	Swags South 8 a.m. L15 L25 L35	
19	20	21	22	23	24	25	
L1Cross-train L2Cross-train L33	L1Rest L2Rest L34	Iroquois Park 6 p.m. L12 L22 hills L33 hills	L14 L24 L35	L13 L23 L33	L1Cross-train L2Rest L3Rest	Big 4 Bridge 8 a.m. L17 L27 L38	
26	27	28	29	30	31		
L1Cross-train L2Cross-train L33	L1Rest L2Rest L34	Big 4 Bridge 6 p.m. L12 L23 hills L33 hills	L14 L24 L35	L13 L23 L33	L1Rest L2Rest L3Rest		

February 2014 marathon training calendar

L1 = Level 1
 L2 = Level 2
 L3 = Level 3

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
						*Seneca Park 1 8 a.m. L18 L212 L312
2	3	Iroquois Park 4 6 p.m. L13 L2 3 hills L3 4 hills	5	6	7	*Beckley Creek 8 Park - 8 a.m. L110 L210 L312
9	10	Big 4 Bridge 11 6 p.m. L13 L2 3 hills L3 4 hills	12	13	14	Swags South 15 8 a.m. L114 L214 L316
16	17	Iroquois Park 18 6 p.m. L13 L2 4 L3 4	19	20	21	22
						ANTHEM 5K
23	24	Big 4 Bridge 25 6 p.m. L13 L2 4 L3 4	26	27	28	
*Specific location information will be communicated via email and social media.		<p style="text-align: center;">Stay informed. Go to NortonRun.com 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.</p>				

March 2014 marathon training calendar

L1 = Level 1
 L2 = Level 2
 L3 = Level 3

Sunday

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday

<p style="text-align: center;">Stay informed. Go to NortonRun.com 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.</p>							<p>Big 4 Bridge 1 8 a.m. L114 L214 L316</p>
<p>2 L1Cross-train L2Cross-train L35</p>	<p>3 L1Rest L2Rest L34</p>	<p>Iroquois Park 4 6 p.m. L13 L23 hills L33 hills</p>	<p>5 L17 L27 L38</p>	<p>6 L14 L24 L35</p>	<p>7 L1Rest L2Rest L3Rest</p>	<p>8 RODES CITY RUN 10K</p>	
<p>9 L1Cross-train L2Cross-train L35</p>	<p>10 L1Rest L2Rest L34</p>	<p>Iroquois Park 11 6 p.m. L14 L24 hills L34 hills</p>	<p>12 L17 L27 L38</p>	<p>13 L14 L24 L34</p>	<p>14 L1Rest L2Rest L3Rest</p>	<p>Iroquois Park 15 8 a.m. L116 L216 L318</p>	
<p>16 L1Cross-train L2Cross-train L34</p>	<p>17 L1Rest L2Rest L34</p>	<p>Iroquois Park 18 6 p.m. L14 L24 hills L34 hills</p>	<p>19 L18 L28 L39</p>	<p>20 L15 L25 L35</p>	<p>21 L1Rest L2Rest L3Rest</p>	<p>22 PAPA JOHN'S 10 MILER</p>	
<p>23 L1Cross-train L2Cross-train L35</p>	<p>24 L1Rest L2Rest L34</p>	<p>Big 4 Bridge 25 6 p.m. L15 hills L25 hills L35 hills</p>	<p>26 L18 L28 L39</p>	<p>27 L15 L25 L36</p>	<p>28 L1Rest L2Rest L3Rest</p>	<p>Falls of the Ohio 29 8 a.m. L114 L214 L316</p>	
<p>30 L1Cross-train L2Cross-train L35</p>	<p>31 L1Rest L2Rest L34</p>						

April 2014 marathon training calendar

L1 = Level 1
L2 = Level 2
L3 = Level 3

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		Iroquois Park 6 p.m. 1	2	3	4	*Seneca Park 8 a.m. 5
		L1 4 L2 4 hills L3 4 hills	L18 L210 L310	L15 L23 L33	L1 Rest L2Rest L3Rest	L1 20 L2 22 L3 22
6	7	Big 4 Bridge 6 p.m. 8	9	10	11	Swags South 8 a.m. 12
L1Cross-train L2Cross-train L3Cross-train	L1Rest L2Rest L3 4	L1 4 L2 4 hills L3 4 hills	L16 L28 L39	L1 4 L2 4 L35	L1Rest L2Rest L3Rest	L1 10 L210 L3 12
13	14	15	16	Race Expo 17	Race Expo 18	GOOD LUCK! 19
L1Cross-train L2Cross-train L3Cross-train	L1Rest L2Rest L3Rest	L13 L23 L33	L13 L2 4 L3 4	L12 L22 L32	L1Rest L2Rest L3Rest	
20	21	22	23	24	25	
27	28	29	30			
*Specific location information will be communicated via email and social media.		<p style="text-align: center;">Stay informed. Go to NortonRun.com 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</p>				