

January 2014 miniMarathon training calendar

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

Sunday

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday

<p>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	L12 L22 L33	L1Rest L2Rest L3Rest	Swags South 8 a.m. L12 L23 L33	
19	20	21	22	23	24	25	
L1Cross-train L2Cross-train L32	L1Rest L2Rest L33	Iroquois Park 6 p.m. L12 L2 2 hills L3 3 hills	L13 L23 L3 4	L12 L22 L33	L1Rest L2Rest L3Rest	Big 4 Bridge 8 a.m. L13 L23 L3 4	
26	27	28	29	30	31		
L1 Cross-train L2Cross-train L32	L1Rest L2Rest L33	Big 4 Bridge 6 p.m. L12 L2 2 hills L3 3 hills	L13 L23 L3 4	L12 L22 L33	L1Rest L2Rest L3Rest		

February 2014 miniMarathon training calendar

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

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
						*Seneca Park 1 8 a.m. L1 4 L2 6 L3 6
2	3	Iroquois Park 4 6 p.m. L1 3 L2 3 hills L3 3 hills	5	6	7	*Beckley Creek 8 Park – 8 a.m. L1 5 L2 7 L3 7
9	10	Big 4 Bridge 11 6 p.m. L1 3 L2 4 L3 4	12	13	14	Swags South 15 8 a.m. L1 6 L2 8 L3 8
16	17	Iroquois Park 18 6 p.m. L1 3 L2 3 hills L3 3 hills	19	20	21	22
						ANTHEM 5K
23	24	Big 4 Bridge 25 6 p.m. L1 3 L2 4 hills L3 4 hills	26	27	28	
<i>*Specific location information will be communicated via email and social media.</i>			<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 miniMarathon 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>							
							Big 4 Bridge 8 a.m. L17 L27 L38
2	3	Iroquois Park 6 p.m. L13 L2 3 hills L3 3 hills	4	5	6	7	8
L1Cross-train L2Cross-train L3 4	L1Rest L2Rest L33			L13 L23 L3 4	L13 L23 L33	L1 Rest L2Rest L3Rest	RODES CITY RUN 10K
9	10	Iroquois Park 6 p.m. L13 L2 3 hills L3 3 hills	11	12	13	14	15
L1Cross-train L2Cross-train L3 4	L1Rest L2Rest L33			L13 L23 L3 4	L13 L23 L33	L1Rest L2Rest L3Rest	Iroquois Park 8 a.m. L18 L28 L39
16	17	Iroquois Park 6 p.m. L13 L2 3 hills L3 4 hills	18	19	20	21	22
L1Cross-train L2Cross-train L3 4	L1Rest L2Rest L32			L1 4 L2 4 L3 4	L13 L23 L3 4	L1Rest L2Rest L3Rest	PAPA JOHN'S 10 MILER
23	24	Big 4 Bridge 6 p.m. L1 3 hills L2 3 hills L3 4 hills	25	26	27	28	29
L1Cross-train L2Cross-train L3 4	L1Rest L2Rest L33			L1 4 L25 L35	L13 L23 L3 4	L1Rest L2Rest L3Rest	Falls of the Ohio 8 a.m. L17 L27 L38
30	31						
L1Cross-train L2Cross-train L3 4	L1 Rest L2Rest L33						

April 2014 miniMarathon training calendar

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

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		Iroquois Park 1 6 p.m. L13 L2 3 hills L3 3 hills	2 L1 4 L2 4 L35	3 L13 L23 L33	4 L1 Rest L2Rest L3Rest	*Seneca Park 5 8 a.m. L1 12 L2 12 L3 13
6 L1Cross-train L2Cross-train L33	7 L1Rest L2Rest L3 4	Big 4 Bridge 8 6 p.m. L13 L2 3 hills L3 3 hills	9 L1 4 L2 4 L35	10 L13 L23 L33	11 L1Rest L2Rest L3Rest	Swags South 12 8 a.m. L1 10 L210 L3 11
13 L1Cross-train L2Cross-train L32	14 L1Rest L2Rest L3 4	15 L13 L23 L33	16 L12 L22 L33	Race Expo 17 L11 L21 L32	18 Race Expo L1Rest L2Rest L3Rest	19 GOOD LUCK! 
20	21	22	23	24	25	
27	28	29	30			

*Specific location information will be communicated via email and social media.

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