## January 2014 miniMarathon training calendar

1											20 2010.0			
É	Sunday		Monday		Tuesday		Wednesday	/	Thursday		Friday		Saturday	
		n up	nRun.com and dates and cance	sign ellati	formed. up to receive fro lons. Updates als hon's Facebook	so w	rill 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	L12 L22 L33	16	L1Rest L2Rest L3Rest	17	Swags South 8 a.m.  L12  L23  L33	18
	L1 ·······Cross-train	19	L1 ······Rest	20	Iroquois Park 6 p.m.  L12 hills	21	L13 L23	22	L12 L22	23	L1 ······Rest	24	Big 4 Bridge 8 a.m. L13 L23	25
	L1 ······ Cross-train	26	L1Rest	27	Big 4 Bridge 6 p.m.	28	L13	29	L12	30	L1Rest	31	L3 4	
	L2 ······Cross-train L3 ·······2		L2Rest L33		L2 2 hills L3 3 hills		L2 4		L22 L33		L2 ·····Rest L3 ····Rest			

## February 2014 miniMarathon training calendar

Sunday		Monday		Tuesday		Wednesday	/	Thursday		Friday		Saturday	
												*Seneca Park 8 a.m.	1
												L1 4	
												L26	
												L36	
	2		3	Iroquois Park 6 p.m.	4		5		6		7	*Beckley Creek Park – 8 a.m.	8
L1 ······Cross-train		L1Rest		L13		L13		L13		L1 ·····Rest		L15	
L2 ······Cross-train		L2 ·····Rest		L2 3 hills		L2 4		L23		L2 ·····Rest		L27	
L3 4		L33		L3 3 hills		L3 4		L3 4		L3 ·····Rest		L37	
	9		10	Big 4 Bridge 6 p.m.	11		12		13		14	Swags South 8 a.m.	15
L1 ······Cross-train		L1Rest		L13		L13		L13		L1 ·····Rest		L16	
L2 ······Cross-train		L2 ·····Rest		L2 4		L23		L23		L2 ·····Rest		L28	
L3 4		L33		L3 4		L3 4		L33		L3 ·····Rest		L38	
	16		17	Iroquois Park 6 p.m.	18		19		20		21		22
L1 ······Cross-train		L1 ·····Rest		L13		L15		L13		L1 ·····Rest		ANTHEM 5K	
L2 ······Cross-train		L2 ·····Rest		L2 3 hills		L2 4		L23		L2 ·····Rest			
L3 4		L33		L3 3 hills		L3 4		L3 4		L3 ·····Rest			
	23		24	Big 4 Bridge 6 p.m.	25		26		27		28		
L1 ······Cross-train		L1 ·····Rest		L13		L15		L13		L1 ·····Rest			
L2 ······Cross-train		L2 ·····Rest		L2 4 hills		L2 4		L2 4		L2 ·····Rest			
L3 4		L33		L3 4 hills		L3 4		L3 4		L3 ·····Rest			
*Specific location info communicated via em					ո սլ	nRun.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 miniMarathon training calendar

1		1			134 13 1								20 20	
	Sunday		Monday	6	Tuesday	2	Wednesday	y	Thursday		Friday		Saturday	
			The second s		formed.								Big 4 Bridge 8 a.m.	1
			onRun.com and s	_	· · · · ·			,					L17	
10	or training rui	_	odates and cance					he					L27	
		L	Derby Festival M	arat	nons racebook	page	<b>:.</b>						L38	
2		2		3	Iroquois Park 6 p.m.	4		5		6		7		8
L1	······Cross-train		L1 ·····Rest		L13		L13		L13		L1 ····· Rest		RODES CITY RUI	N
L2	······Cross-train		L2 ·····Rest		L2 3 hills		L23		L23		L2 ·····Rest		10K	
L3	4		L33		L3 3 hills		L3 4		L33		L3 ·····Rest			
		9		10	Iroquois Park 6 p.m.	11		12		13		14	Iroquois Park 8 a.m.	15
L1	······Cross-train		L1 ·····Rest		L13		L13		L13		L1 ·····Rest		L18	
L2	······Cross-train		L2 ·····Rest		L2 3 hills		L23		L23		L2 ·····Rest		L28	
L3	4		L33		L3 3 hills		L3 4		L33		L3 ·····Rest		L39	
		16		17	Iroquois Park 6 p.m.	18		19		20		21		22
L1	······Cross-train		L1 ·····Rest		L13		L1 4		L13		L1 ·····Rest		PAPA JOHN'S	
L2	······Cross-train		L2 ·····Rest		L2 3 hills		L2 4		L23		L2 ·····Rest		10 MILER	
L3	4		L32		L34 hills		L3 4		L3 4		L3 ·····Rest			
		23		24	Big 4 Bridge 6 p.m.	25		26		27		28	Falls of the Ohio 8 a.m.	29
L1	······Cross-train		L1 ·····Rest		L1 3 hills		L1 4		L13		L1 ·····Rest		L17	
L2	······Cross-train		L2 ·····Rest		L2 3 hills		L25		L23		L2 ·····Rest		L27	
L3	4		L33		L3 4 hills		L35		L3 4		L3 ·····Rest		L38	
		30		31										
L1	······Cross-train		L1 ····· Rest											
L2	······Cross-train		L2 ·····Rest											
- 1														

## **April 2014 miniMarathon training calendar**

Sunday	Monday		Tuesday		Wednesday	,	Thursday		Friday		Saturday		
			Iroquois Park 6 p.m.	1		2		3		4	*Seneca Park 8 a.m.	5	
			L13		L1 4		L13		L1 ····· Rest		L1 12		
			L2 3 hills		L2 4		L23		L2 ·····Rest		L212		
			L3 3 hills		L35		L33		L3 ·····Rest		L3 13		
6		7	Big 4 Bridge 6 p.m.	8		9		10		11	Swags South 8 a.m.	12	
L1 ······Cross-train	L1Rest		L13		L1 4		L13		L1 ·····Rest		L1 10		
L2 ······Cross-train	L2 ·····Rest		L2 3 hills		L2 4		L23		L2 ·····Rest		L210		
L33	L3 4		L3 3 hills		L35		L33		L3 ·····Rest		L311		
13		14		15		16	Race Expo	17	Race Expo	18	GOOD LUCK!	19	
L1 ······Cross-train	L1 ·····Rest		L13		L12		L11		L1 ·····Rest				
L2 ······Cross-train	L2 ·····Rest		L23		L22		L21		L2 ·····Rest		2014		
L32	L3 4		L33		L33		L32		L3 ·····Rest		miniMARATHO	on')	
20		21		22		23		24		25	LOUISVILLE,	KY •	
27		28		29		30							
*Specific location information communicated via email a	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								