



## Pace Times & Meeting Places

All runs listed below will be up to 5 miles in length or longer depending on your level. Beginners make sure to take it slow and do what your body will allow you to do. Refer to the beginner training model provided at [www.mtairyroadrunners.com](http://www.mtairyroadrunners.com). Below is the schedule:

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<b>5:10 AM</b>			<b>Advanced</b> ProHealth Fitness <i>Justin Collins, Teresa Smith</i>		<b>Advanced</b> ProHealth Fitness <i>Justin Collins, Teresa Smith</i>	
<b>10:00 AM</b>						<b>Long Run (8-15 miles)</b> Grace Moravian Church <i>Justin Collins</i>
<b>5:30 PM</b>	<b>Beginner</b> Veteran's Park <i>No Set Leader</i>		<b>Beginner</b> Veteran's Park <i>No Set Leader</i>			
<b>5:45 PM</b>		<b>Advanced</b> Reeves (gravel lot) <i>Andy Hull</i>		<b>Advanced</b> Reeves (gravel lot) <i>Andy Hull</i>		
<b>8:15 PM</b>				<b>Beginner</b> 218 Orchard St <i>Jeff Eads</i>		

Key:

**Advanced** - pace of the group  
ProHealth Fitness - location  
*Justin Collins* -leader of the group

Group Pace Definitions:

**Beginner: 11:00 Minute Mile Pace & UP**

**Intermediate: 9:00-10:00 Minute Mile Pace**

**Advanced: 7:00 – 9:00 Minute Mile Pace**

**Long Run: 8:00-10:00 Minute Mile pace**

Updated: July 30. 2009