



Hot Chocolate 15k Workout Schedule/Locations

Date	Time	Lecture Topic	wo #	Workout Type	Place/Address	What to Bring
9/8/2009 Tues	6:30 PM	Heart Rate/Pace	1-1	Threshold Assessments	North Park University Track Argyle/Francisco St.	Water bottle Run Gear Heart Rate Monitor
9/10/2009 Thursday	6:30 PM	Form	1-2	Endurance	Totem Pole, Lakefront Recreation Drive/Irving area	Water bottle Run Gear Heart Rate Monitor
9/15/2009 Tues	6:30 PM		2-1	Endurance Proper run form,drills	Totem Pole, Lakefront	Water bottle Run Gear Heart Rate Monitor
9/17/2009 Thursday	6:30 PM		2-2	1.5 mile assessment	North Park University Track	Water bottle Run Gear Heart Rate Monitor
9/22/2009 Tues	6:30 PM		3-1	intervals	North Park University Track	Water bottle Run Gear Heart Rate Monitor
9/24/2009 Thursday	6:30 PM		3-2	Endurance	Totem Pole, Lakefront	Water bottle Run Gear Heart Rate Monitor Heart Rate Monitor
9/29/2009 Tues	6:30 PM		4-1	Endurance	Totem Pole, Lakefront	Water bottle Run Gear Heart Rate Monitor
10/1/2009 Thursday	6:30 PM		4-2	pyramid run	North Park University Track	Water bottle Run Gear Heart Rate Monitor
10/6/2009 Tues	6:30 PM		5-1	Hill repeats	Cricket Hill Montrose/Lakefront	Water bottle Run Gear Heart Rate Monitor
10/8/2009 Thursday	6:30 PM		5-2	30 min time trial	North Park University Track	Water bottle Run Gear Heart Rate Monitor
10/13/2009 Tues	6:30 PM		6-1		Totem Pole, Lakefront	Water bottle Run Gear Heart Rate Monitor
10/15/2009 Thursday	6:30 PM		6-2	race pace intervals	North Park University Track	Water bottle Run Gear Heart Rate Monitor
10/20/2009 Tues	6:30 PM		7-1	race pace intervals	Totem Pole, Lakefront	Water bottle Run Gear Heart Rate Monitor
10/22/2009 Thursday	6:30 PM		7-2	race pace intervals	North Park University Track	Water bottle Run Gear Heart Rate Monitor
10/27/2009 Tues	6:30 PM		8-1	taper intensity	North Park University Track	Water bottle Run Gear Heart Rate Monitor
10/29/2009 Thursday	6:30 PM		8-2	taper intensity	North Park University Track	Water bottle Run Gear Heart Rate Monitor
11/1/2009 Sunday	7 am!				RACE~ Good luck!	Water bottle Run Gear Heart Rate Monitor