



Chicago 2009 Group Workout Schedule

Date	Time	Lecture Topic	Workout Type	Place/Address	What to Bring
11/8/2009	2:00 PM	Kick-off		Fleet Feet Sports Pipers Alley Store	Heart Rate Monitor
11/10/2009 Tues	6:15 PM	heart rate training layering/winter	Threshold Assessment	Fleet Feet Sports Lincoln Square Store, run to Chase Park 4555 N. Lincoln Avenue Chicago, IL 60625 773.271.3338	Water bottle, cap, Wear running clothes Heart Rate Monitor
11/15/2009 Sunday	8:30 AM	nutrition	Long run	Totem Pole, Chicago Lakefront	Water bottle, cap, Wear running clothes Heart Rate Monitor
11/17/2009 Tues	6:15 PM	sports bras chafing	1.5 mile assessment or 3 mile assessment	Fleet Feet Sports Lincoln Square Store, run to Chase Park 4555 N. Lincoln Avenue Chicago, IL 60625 773.271.3338	Water bottle, cap, Wear running clothes Heart Rate Monitor
11/22/2009 Sunday	8:30 AM	nutrition hydration	Long run	Totem Pole, Chicago Lakefront	Water bottle, cap, Wear running clothes Heart Rate Monitor
11/24/2009 Tues	6:15 PM	stretching/flexibility	Fartlek	Fleet Feet Sports Lincoln Square Store, run to Chase Park 4555 N. Lincoln Avenue Chicago, IL 60625 773.271.3338	Water bottle, cap, Wear running clothes Heart Rate Monitor
11/26/2009	optional			Turkey Trot	
11/29/2009 Sunday	8:30 AM	recovery & overtraining	Long run	Totem Pole, Chicago Lakefront	Water bottle, cap, Wear running clothes Heart Rate Monitor
12/1/2009 Tues	6:15 PM	core strength training for runners	Fartlek	Fleet Feet Sports Lincoln Square Store, run to Chase Park 4555 N. Lincoln Avenue Chicago, IL 60625 773.271.3338	Water bottle, cap, Wear running clothes Heart Rate Monitor
12/5/2009				Max Multisport Holiday Party, Matilda's 6-9 pm!	
12/6/2009 Sun	8:30 AM	mental fortitude motivation	Long run	Totem Pole, Chicago Lakefront	
12/8/2009 Tues	6:15 PM	hill technique	Hill repeats or Stair repeats	Cricket Hill Montrose/Lakefront Chicago, Illinois	Water bottle, cap, Wear running clothes Heart Rate Monitor
12/13/2009 Sun	8:30 AM	nutrition	Long run	Totem Pole, Chicago Lakefront	Water bottle, cap, Wear running clothes Heart Rate Monitor
12/15/2009 Tues	6:15 PM	run technique	steady state running	Fleet Feet Sports Lincoln Square Store 4555 N. Lincoln Avenue Chicago, IL 60625 773.271.3338	Water bottle, cap, Wear running clothes Heart Rate Monitor
12/20/2009 Sun	8:30 AM		Long run	Totem Pole, Chicago Lakefront	Water bottle, cap, Wear running clothes Heart Rate Monitor
12/22/2009 Tues	6:15 PM		steady state running	Fleet Feet Sports Lincoln Square Store 4555 N. Lincoln Avenue Chicago, IL 60625 773.271.3338	Water bottle, cap, Wear running clothes Heart Rate Monitor
12/27/2009 Sun	8:30 AM	Visualization Mental tips	Long run	Totem Pole, Chicago Lakefront	Water bottle, cap, Wear running clothes Heart Rate Monitor
12/29/2009 Tues	6:15 PM		steady state running	Fleet Feet Sports Lincoln Square Store, run to Chase Park 4555 N. Lincoln Avenue Chicago, IL 60625 773.271.3338	Water bottle, cap, Wear running clothes Heart Rate Monitor
1/3/2010 Sun	8:30 AM		Long run	Totem Pole, Chicago Lakefront	
1/5/2010 Tues	6:15 PM		steady state running	Fleet Feet Sports Lincoln Square Store, run to Chase Park 4555 N. Lincoln Avenue Chicago, IL 60625 773.271.3338	Water bottle, cap, Wear running clothes Heart Rate Monitor
1/10/2010 Sun	8:30 AM	Tapering	Long run	Totem Pole, Chicago Lakefront	
1/12/2010 Tues	6:15 PM	Race prep	Pre-race taper run	Fleet Feet Sports Lincoln Square Store 4555 N. Lincoln Avenue Chicago, IL 60625 773.271.3338	Water bottle, cap, Wear running clothes Heart Rate Monitor
1/17/2010 Sun			RACE	RACE! Good luck everyone!	