

MCC Walk to Run 2010 Training Calendar

Saturday Group Workouts

Date	Time	Location	Distance	Modality	Notes
January 9, 2010	9:00 AM	Walter Reed Center, Arlington	1.0 Mile	Walk	Orientation Session
January 16, 2010	9:45 AM	Washington Convention Center	2.0 Miles	Walk	change in meeting time, indoors
January 23, 2010	9:00 AM	Columbia Island Marina	3.0 Miles	Walk	Lincoln Memorial Route
January 30, 2010	9:00 AM	Columbia Island Marina	4.0 Miles	Walk	Iwo Jima Route
February 6, 2010	9:00 AM	Columbia Island Marina	4.0 Miles	4:1 Walk:Run	Lincoln Memorial Route
February 13, 2010	9:00 AM	Columbia Island Marina	4.0 Miles	4:1 Walk:Run	Iwo Jima Route
February 20, 2010	9:00 AM	Columbia Island Marina	4.0 Miles	4:1 Walk:Run	Lincoln Memorial Route
February 27, 2010	9:00 AM	Columbia Island Marina	4.0 Miles	3:2 Walk:Run	Iwo Jima Route
March 6, 2010	9:00 AM	Columbia Island Marina	4.0 Miles	3:2 Walk:Run	Lincoln Memorial Route
March 13, 2010	9:00 AM	Columbia Island Marina	4.0 Miles	3:2 Walk:Run	Iwo Jima Route
March 20, 2010	9:00 AM	Columbia Island Marina	4.0 Miles	2:3 Walk:Run	Lincoln Memorial Route
March 27, 2010	9:00 AM	Columbia Island Marina	4.0 Miles	2:3 Walk:Run	Iwo Jima Route
April 3, 2010	9:00 AM	Columbia Island Marina	4.0 Miles	2:3 Walk:Run	Lincoln Memorial Route
April 10, 2010	9:00 AM	Columbia Island Marina	4.0 Miles	1:4 Walk:Run	Iwo Jima Route
April 17, 2010	9:00 AM	Columbia Island Marina	4.0 Miles	1:4 Walk:Run	Lincoln Memorial Route
April 24, 2010	9:00 AM	Columbia Island Marina	4.0 Miles	1:4 Walk:Run	Iwo Jima Route

Weekday Individual Workouts

Walk/run the distance of the preceding Saturday, same modality, at least twice per week (Monday/Wednesday, Tuesday/Thursday, etc.)

5K Target Races [participants must finish at least one to complete WTR program]

W&OD 5K - Saturday, March 27, 2010 4 PM - Falls Church, VA

<http://www.marathoncharitypartners.org/wod/>

Cherry Blossom 5K - Sunday, April 11, 2010, 8:40 AM - Washington DC

<http://www.cherryblossom.org/entry/entry.htm>

GW Parkway Classic 5K- Sunday, April 25, 2010, 8:00 AM - Alexandria

<http://www.gwparkwayclassic.com/>

More 5K opportunities will be posted as race dates are publicized