BOISERunWalk
Exercise. Nutrition. Group Support!

ACTIVE COMMUNITY WELLNESS

2010 Summer Training Schedule

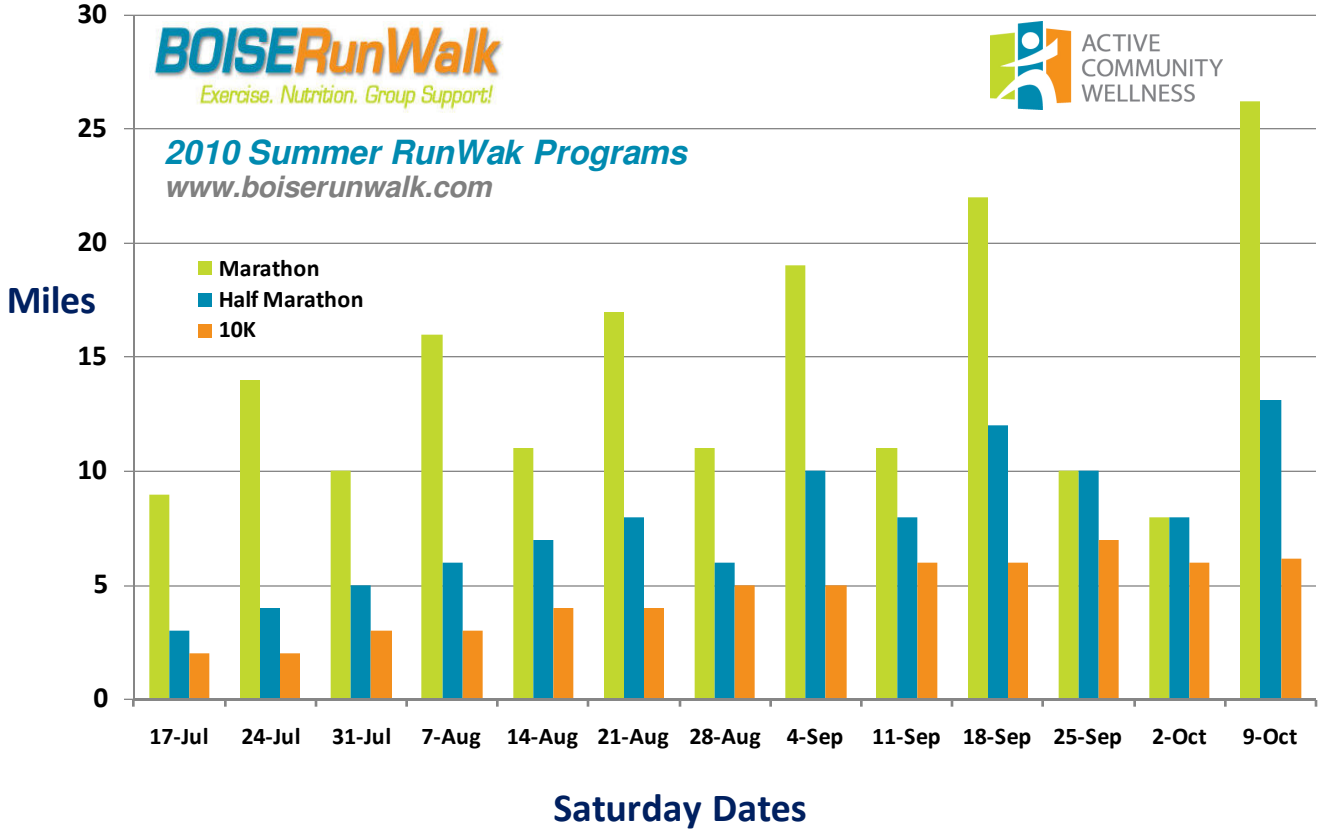
www. boise runwalk .com

updated July 2010 (v2)

(208) 639-1434

			9+ min/mi **Marathon**	*12+ min/mi* **1/2 Marathon**	*15+ min/mi* **10K**	**Time**	**Location**
			Summer Program				
Saturday	17-Jul	1	**9**	**3**	**2**	**8:00 a.m.**	**Shoreline**
Sunday	18-Jul						
Monday	19-Jul		35	30	25		
Tuesday	20-Jul						
Wednesday	21-Jul		40	35	30	**6:00 p.m.**	TBA
Thursday	22-Jul		30	20	20		
Friday	23-Jul						
Saturday	24-Jul	2	**14**	**4**	**2**	**7:30 a.m.**	**Shoreline**
Sunday	25-Jul						
Monday	26-Jul		35	30	25		
Tuesday	27-Jul						
Wednesday	28-Jul		35	35	30	**6:00 p.m.**	TBA
Thursday	29-Jul		25	20	20		
Friday	30-Jul						
Saturday	31-Jul	3	**10**	**5**	**3**	**7:30 a.m.**	**Camelsback**
Sunday	1-Aug						
Monday	2-Aug		35	35	30		
Tuesday	3-Aug						
Wednesday	4-Aug		35	35	30	**6:00 p.m.**	TBA
Thursday	5-Aug		25	25	25		
Friday	6-Aug						
Saturday	7-Aug	4	**16**	**6**	**3**	**7:30 a.m.**	**Shoreline**
Sunday	8-Aug						
Monday	9-Aug		35	35	30		
Tuesday	10-Aug						
Wednesday	11-Aug		35	35	35	**6:00 p.m.**	TBA
Thursday	12-Aug		25	30	30		
Friday	13-Aug						
Saturday	14-Aug	5	**11**	**7**	**4**	**7:30 a.m.**	**Camelsback**
Sunday	15-Aug						
Monday	16-Aug		35	35	30		
Tuesday	17-Aug						
Wednesday	18-Aug		35	45	40	**6:00 p.m.**	TBA
Thursday	19-Aug		25	30	30		
Friday	20-Aug						
Saturday	21-Aug	6	**17**	**8**	**4**	**7:30 a.m.**	**Shoreline**
Sunday	22-Aug						
Monday	23-Aug		35	35	30		
Tuesday	24-Aug						
Wednesday	25-Aug		35	45	40	**6:00 p.m.**	TBA

Thursday	26-Aug		25	30	30		
Friday	27-Aug						
Saturday	28-Aug	7	**11**	**6**	**5**	**7:30 a.m.**	**Camelsback**
Sunday	29-Aug						
Monday	30-Aug		35	35	30		
Tuesday	31-Aug						
Wednesday	1-Sep		35	45	40	**6:00 p.m.**	**TBA**
Thursday	2-Sep		25	35	30		
Friday	3-Sep						
Saturday	4-Sep	8	**19**	**10**	**5**	**7:30 a.m.**	**Shoreline**
Sunday	5-Sep						
Monday	6-Sep		25	35	30		
Tuesday	7-Sep						
Wednesday	8-Sep		35	45	40	**6:00 p.m.**	**TBA**
Thursday	9-Sep		25	30	30		
Friday	10-Sep						
Saturday	11-Sep	9	**11**	**8**	**6**	**7:30 a.m.**	**Shoreline**
Sunday	12-Sep						
Monday	13-Sep		35	35	30		
Tuesday	14-Sep						
Wednesday	15-Sep		35	50	45		
Thursday	16-Sep		25	25	25		
Friday	17-Sep						
Saturday	18-Sep	10	**22**	**12**	**6**	**TBA**	**TBA**
Sunday	19-Sep						
Monday	20-Sep		25	30	25		
Tuesday	21-Sep						
Wednesday	22-Sep		30	40	35		
Thursday	23-Sep		20	30	25		
Friday	24-Sep						
Saturday	25-Sep	11	**10**	**10**	**7**	**8:00 a.m.**	**Shoreline**
Sunday	26-Sep						
Monday	27-Sep		35	30	25		
Tuesday	28-Sep						
Wednesday	29-Sep		30	35	30		
Thursday	30-Sep		25	25	20		
Friday	1-Oct						
Saturday	2-Oct	12	**8**	**8**	**6**	**TBA**	**TBA**
Sunday	3-Oct						
Monday	4-Oct		20	25	25		
Tuesday	5-Oct						
Wednesday	6-Oct		20	25	25		
Thursday	7-Oct		10	20	20		
Friday	8-Oct						
Saturday	9-Oct	13	**26.2**	**13.1**	**6.2**	**Portland Marathon / Half Marathon**	
Sunday	10-Oct		**26.2**	**13.1**	**6.2**	**City of Trees Marathon / Half Marathon**	


BOISERunWalk
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ACTIVE COMMUNITY WELLNESS
2010 Summer RunWak Programs
www.boiserunwalk.com
Marathon
Half Marathon
10K
Miles
30
25
20
15
10
5
0
17-Jul
24-Jul
31-Jul
7-Aug
14-Aug
21-Aug
28-Aug
4-Sep
11-Sep
18-Sep
25-Sep
2-Oct
9-Oct
Saturday Dates