

Spring & Summer 2008 Schedule

Target Events: Prison Break, Portland, City of Trees, Fit for Life

updated April 24

		0:15:00	0:15:00	0:15:00	0:12:00		0:20:00	
		Half	A Group	B Group	Marathon	Marathon	Workout	Seminar
		Marathon	Marathon	Marathon	Marathon	Famous Potato	Finish	Start
		5K	10K	COT/PDX	COT/PDX		Time	Time
		7:30	7:30	7:30	7:30	7:30	7:30	Orientation 1 of 2
26-Apr	Sat	1	2	3	3	3	22	
27-Apr	Sun	0	0	0	0	0	0	
28-Apr	Mon	15	20	25	25	25	20	
29-Apr	Tue	0	0	0	0	0	0	
30-Apr	Wed	20	25	30	30	30	40	
1-May	Thu	15	15	20	20	20	30	
2-May	Fri	0	0	0	0	0	0	
		7:30	7:30	7:30	7:30	7:30	7:30	Orientation 2 of 2
3-May	Sat	1.4	3	4	4	4	8	
4-May	Sun	0	0	0	0	0	0	
5-May	Mon	20	20	25	25	25	45	
6-May	Tue	0	0	0	0	0	0	
7-May	Wed	20	25	30	30	30	60	6 p.m. Speedwork at Glenwood Bridge
8-May	Thu	15	20	25	25	25	45	
9-May	Fri	0	0	0	0	0	0	
10-May	Sat	1.8	4	5	5	5	8	9:00 9:20 Fort Boise Park for trail routes
11-May	Sun	0	0	0	0	0	0	
12-May	Mon	20	20	25	25	25	40	
13-May	Tue	0	0	0	0	0	0	
14-May	Wed	25	30	35	35	35	30	6 p.m. Hill Repeats at Camels Back Park
15-May	Thu	15	20	25	25	25	20	
16-May	Fri	0	0	0	0	0	0	
17-May	Sat	2.2	3	6	6	6	26.2	9:00 9:20 Famous Potato Marathon Half 10K 5K
18-May	Sun	0	0	0	0	0	0	
19-May	Mon	20	25	30	30	30		
20-May	Tue	0	0	0	0	0		
21-May	Wed	25	30	35	35	35		6 p.m. Speedwork at Capital High School
22-May	Thu	20	20	25	25	25		
23-May	Fri	0	0	0	0	0		
24-May	Sat	2.6	4	7	7	7		9:30 9:50
25-May	Sun	0	0	0	0	0		
26-May	Mon	20	30	35	35	35		
27-May	Tue	0	0	0	0	0		
28-May	Wed	25	30	35	35	35		6 p.m. Speedwork at Glenwood Bridge
29-May	Thu	20	20	25	25	25		
30-May	Fri	0	0	0	0	0		
31-May	Sat	3	5	8	8	8		9:30 9:50 Camels Back Park for trail routes
1-Jun	Sun	0	0	0	0	0		
2-Jun	Mon	25	30	35	35	35		
3-Jun	Tue	0	0	0	0	0		
4-Jun	Wed	25	30	40	40	40		6 p.m. Hill Repeats at Camels Back Park
5-Jun	Thu	20	20	25	25	25		
6-Jun	Fri	0	0	0	0	0		
7-Jun	Sat	3	4	9	9	9		9:15 9:35

		8:12	8:12	8:00	6:30	6:30	6:30	9:00	9:20
26-Jul	Sat	1.4	3	4	15	15	15		
27-Jul	Sun	0	0	0	0	0	0		
28-Jul	Mon	20	20	25	30	30	30		
29-Jul	Tue	0	0	0	0	0	0		
30-Jul	Wed	20	25	30	45	45	45		
31-Jul	Thu	15	20	25	35	35	35		6 p.m. Speedwork at Glenwood Bridge
1-Aug	Fri	0	0	0	0	0	0		
		7:56	7:56	7:45	7:00	7:24	7:44	9:00	9:20
2-Aug	Sat	1.8	4	5	8	8	8		Camels Back Park for trail routes
3-Aug	Sun	0	0	0	0	0	0		
4-Aug	Mon	20	20	25	40	40	40		
5-Aug	Tue	0	0	0	0	0	0		
6-Aug	Wed	25	30	35	50	50	50		6 p.m. Hill Repeats at Camels Back Park
7-Aug	Thu	15	20	25	40	40	40		
8-Aug	Fri	0	0	0	0	0	0		
		8:12	8:12	7:30	6:30	6:30	6:30	9:00	9:20
9-Aug	Sat	2.2	3	6	17	17	17		
10-Aug	Sun	0	0	0	0	0	0		
11-Aug	Mon	20	25	30	25	25	25		
12-Aug	Tue	0	0	0	0	0	0		
13-Aug	Wed	25	30	35	45	45	45		6 p.m. Speedwork at Capital High School
14-Aug	Thu	20	20	25	35	35	35		
15-Aug	Fri	0	0	0	0	0	0		
		8:26	8:26	7:45	7:30	7:54	8:14	9:30	9:50
16-Aug	Sat	2.6	4	7	8	8	8		
17-Aug	Sun	0	0	0	0	0	0		
18-Aug	Mon	20	30	35	40	40	40		
19-Aug	Tue	0	0	0	0	0	0		
20-Aug	Wed	25	30	35	55	55	55		6 p.m. Speedwork at Glenwood Bridge
21-Aug	Thu	20	20	25	40	40	40		
22-Aug	Fri	0	0	0	0	0	0		
		7:40	7:40	7:00	6:30	6:30	6:30	9:00	9:20
23-Aug	Sat	3	5	8	19	19	19		
24-Aug	Sun	0	0	0	0	0	0		
25-Aug	Mon	25	30	35	20	20	20		
26-Aug	Tue	0	0	0	0	0	0		
27-Aug	Wed	25	30	40	40	40	40		6 p.m. Hill Repeats at Camels Back Park
28-Aug	Thu	20	20	25	35	35	35		
29-Aug	Fri	0	0	0	0	0	0		
		7:56	7:56	6:45	7:00	7:24	7:44	9:00	9:20
30-Aug	Sat	3	4	9	8	8	8		Fort Boise Park for trail routes
31-Aug	Sun	0	0	0	0	0	0		
1-Sep	Mon	25	30	40	45	45	45		
2-Sep	Tue	0	0	0	0	0	0		
3-Sep	Wed	30	35	40	55	55	55		6 p.m. Speedwork at Capital High School
4-Sep	Thu	20	20	25	40	40	40		
5-Sep	Fri	0	0	0	0	0	0		
		8:10	8:10	7:00	6:30	7:06	7:36	9:30	9:50
6-Sep	Sat	4	5	10	12	12	12		
7-Sep	Sun	0	0	0	0	0	0		
8-Sep	Mon	20	30	40	45	45	45		
9-Sep	Tue	0	0	0	0	0	0		
10-Sep	Wed	30	35	40	60	60	60		6 p.m. Speedwork at Glenwood Bridge
11-Sep	Thu	20	25	30	40	40	40		
12-Sep	Fri	0	0	0	0	0	0		
		7:24	7:24	7:00	6:30	6:30	6:30	9:00	9:20
13-Sep	Sat	3	6	8	21	21	21		

14-Sep	Sun	0	0	0	0	0	0	
15-Sep	Mon	25	30	40	20	20	20	
16-Sep	Tue	20	0	0	0	0	0	
17-Sep	Wed	0	35	45	30	30	30	6 p.m. Hill Repeats at Camels Back Park
18-Sep	Thu	15	25	30	40	40	40	
19-Sep	Fri	0	0	0	0	0	0	
20-Sep	Sat	Celebration5K 3.1	TBA 7	TBA 12	TBA 8	TBA 8	TBA 8	Informal Day Camels Back Park for trail routes
21-Sep	Sun		0	0	0	0	0	
22-Sep	Mon		25	30	45	45	45	
23-Sep	Tue		0	0	0	0	0	
24-Sep	Wed		35	45	60	60	60	6 p.m. Speedwork at Capital High School
25-Sep	Thu		25	30	40	40	40	
26-Sep	Fri		0	0	0	0	0	
27-Sep	Sat	7:54	7:54	7:45	7:30	7:54	8:14	9:30 9:50
28-Sep	Sun		6	7	8	8	8	
29-Sep	Mon		0	0	0	0	0	
30-Sep	Mon		30	35	40	40	40	
1-Oct	Tue		0	0	0	0	0	
2-Oct	Wed		35	30	30	30	30	
3-Oct	Thu		25	0	0	0	0	
4-Oct	Fri		0	20	20	20	20	
5-Oct	Sat		7	0	0	0	0	
6-Oct	Sun		0	13.1	26.2	26.2	26.2	City of Trees and Portland

ALL

		PRISON BREAK!			A Group	B Group	C Group	Workout	Seminar
		5K	10K	L/2 Marathon	Marathon	Marathon	Marathon	Finish	Start
					COT/PDX	COT/PDX	COT/PDX	Time	Time
6-Oct	Mon								
7-Oct	Tue								
8-Oct	Wed								
9-Oct	Thu								
10-Oct	Fri								
11-Oct	Sat								
12-Oct	Sun								
13-Oct	Mon								
14-Oct	Tue								
15-Oct	Wed							6 p.m. Speedwork at Glenwood Bridge	
16-Oct	Thu								
17-Oct	Fri								
18-Oct	Sat								Barber to Boise 10K
19-Oct	Sun								Last Saturday of Fall Program
20-Oct	Mon								
21-Oct	Tue								
22-Oct	Wed								6 p.m. Hill Repeats at Camels Back Park
23-Oct	Thu								
24-Oct	Fri								
25-Oct	Sat								Prison Break Half Marathon 10K 5K
1-Nov	Sat								Zeitgeist Half Marathon