

2012 Landrunner Training Group Runs

*Distance based for full marathon, half marathoners will usually do half the distance.

Week	Date	Time	Day	Distance	Location
1	Jan 7	7:00 a.m.	Saturday	6	NH Plaza
2	Jan 14	7:00 a.m.	Saturday	8	NH Plaza
3	Jan 21	7:00 a.m.	Saturday	10	Mitch
4	Jan 28	7:00 a.m.	Saturday	12	Boathouse
5	Feb 4	7:00 a.m.	Saturday	10	NH Plaza
6	Feb 12	7:00 a.m.	Sunday	14	OKCMM Course
7	Feb 18	7:00 a.m.	Saturday	16	NH OKCMM Course
8	Feb 25	8:30 a.m.	Saturday	12	Mitch
9	Mar 3	7:00 a.m.	Saturday	18	NH OKCMM Course
10	Mar 10	7:00 a.m.	Saturday	20	Panera Beacon 25K <i>(15.5 + warm-up & cool down)</i>
11	Mar 18	7:00 a.m.	Sunday	12	Boathouse
12	Mar 25	7:00 a.m.	Sunday	20	OKCMM Course
13	April 1	8:00 a.m.	Sunday	13.1	A2A Half Marathon
14	April 7	6:30 a.m.	Saturday	20	OKCMM Course
15	April 14	6:30 a.m.	Saturday	12	NH OKCMM Course
16	April 21	6:30 a.m.	Saturday	8	NH Plaza
17	April 29	6:30 a.m.	Sunday	26.2	OKC Memorial Marathon
				237.3	