

# SSR Training Group 2012

January	Marathon		Half Marathon
14	Breakfast	Overview of training Group	Breakfast
21	8	Lecture	6
28	10		8

February			
4	8	Lecture	6
11	10		8
18	12		9
25	8	Lecture	8

March			
3	14		10
10	8	Lecture	8
17	16		10
24	8	Lecture	8
31	18		12

April			
7	8	Lecture	8
14	20		12
21	8	Lecture	8
28	22		14

May			
5	12		9
12	7	Lecture	7
20	RACE		RACE

All runs start at Olympia South Sound Running @ 7:30am