



2012 Training Program Calendar

Distance	Program	Start Date	Weekly Group Run/Walk	Training Loc	Goal Race	Event Date
5K	Winter Warriors	11/26/2011	Tues 6PM/Sat 7AM	Fritse Park	Seroogys	2/11/2012
15K	Winter Warriors	11/26/2011	Tues 6PM/Sat 7AM	Fritse Park	Seroogys	2/11/2012
5K	No Boundaries Winter	1/19/2012	Thursdays @ 6PM	Fritse Park	April Fools Midnight Run	3/30/2012
13.1	Half Marathon	1/28/2012	Saturdays @ 7AM	Fritse Park	Oshkosh Half Marathon	4/14/2012
5K	No Boundaries Spring	2/25/2012	Saturdays @ 8AM	Fritse Park	Sole Burner	5/5/2012
10K	Next Steps: Breaking Boundaries	4/3/2012	Saturdays @ 7AM	Fritse Park	Bellin	6/9/2012
5K	No Boundaries Summer	5/3/2012	Thursdays @ 6PM	Pierce Park	Bret Younger 5K	7/7/2012
13.1	Half Marathon	6/30/2012	Saturdays @ 7AM	Fritse Park	Fox Cities Half Marathon	9/16/2012
26.2	Full Marathon	6/30/2012	Saturdays @ 7AM	Fritse Park	Fox Cities Marathon	9/16/2012
5K	No Boundaries Fall	7/5/2012	Thursdays @ 6PM	Fox Valley Tech	Time Warner Cable	9/15/2012
5K	No Boundaries Holiday!	9/20/2012	<i>TBD</i>	<i>TBD</i>	Noodlelini	11/25/2012
15K	Next Steps: Breaking Boundaries	9/20/2012	<i>TBD</i>	<i>TBD</i>	Noodlelini	11/25/2012

Running Phd Program*

*Past participants of a Fleet Feet Sports 5K training program that are regularly running 2- 3 miles several times a week can be grandfathered into the training series at the 10K distance

****Costs: \$85 for No Bo // \$50 for 10K, 15K, Half- and Full-Marathon // Running PhD \$150 (save \$35)**

****Sign up is available online (links from our website)**