

BOISE RunWalk 2012 Spring Training Schedule

www.boiserunwalk.com

updated May 16

			Marathon	1/2 Marathon	10K
Saturday	21-Apr	1	5	3	1
Sunday	22-Apr				
Monday	23-Apr		35	30	25
Tuesday	24-Apr		45	35	30
Wednesday	25-Apr				
Thursday	26-Apr		25	20	20
Friday	27-Apr				
Saturday	28-Apr	2	6	4	2
Sunday	29-Apr				
Monday	30-Apr		35	30	25
Tuesday	1-May		45	35	30
Wednesday	2-May				
Thursday	3-May		25	20	20
Friday	4-May				
Saturday	5-May	3	7	5	3
Sunday	6-May				
Monday	7-May		40	35	30
Tuesday	8-May		45	35	30
Wednesday	9-May				
Thursday	10-May		30	25	25
Friday	11-May				
Saturday	12-May	4	8	6	3
Sunday	13-May				
Monday	14-May		40	35	30
Tuesday	15-May		45	35	35
Wednesday	16-May				
Thursday	17-May		35	30	30
Friday	18-May				
Saturday	19-May	5	9	7	4
Sunday	20-May				
Monday	21-May		40	35	30
Tuesday	22-May		50	45	40
Wednesday	23-May				
Thursday	24-May		40	30	30
Friday	25-May				
Saturday	26-May	6	10	8	4
Sunday	27-May				
Monday	28-May		40	35	30
Tuesday	29-May		50	45	40
Wednesday	30-May				
Thursday	31-May		40	30	30
Friday	1-Jun				

Saturday	2-Jun	7	11	9	5
Sunday	3-Jun				
Monday	4-Jun		40	35	30
Tuesday	5-Jun		50	45	40
Wednesday	6-Jun				
Thursday	7-Jun		40	35	30
Friday	8-Jun				

Saturday	9-Jun	8	8	6	5
Sunday	10-Jun				
Monday	11-Jun		40	35	30
Tuesday	12-Jun		50	45	40
Wednesday	13-Jun				
Thursday	14-Jun		35	30	30
Friday	15-Jun				

Saturday	16-Jun	9	12	11	6
Sunday	17-Jun				
Monday	18-Jun		40	35	30
Tuesday	19-Jun		55	50	45
Wednesday	20-Jun				
Thursday	21-Jun		35	25	25
Friday	22-Jun				

Saturday	23-Jun	10	9	7	7
Sunday	24-Jun				
Monday	25-Jun		40	30	25
Tuesday	26-Jun		45	40	35
Wednesday	27-Jun				
Thursday	28-Jun		35	30	25
Friday	29-Jun				

Saturday	30-Jun	11	14	12	8
Sunday	1-Jul				
Monday	2-Jul		35	30	25
Tuesday	3-Jul		40	35	30
Wednesday	4-Jul				
Thursday	5-Jul		35	25	20
Friday	6-Jul				

Saturday	7-Jul	12	10	7	5
Sunday	8-Jul				
Monday	9-Jul		35	30	25
Tuesday	10-Jul		40	35	30
Wednesday	11-Jul				
Thursday	12-Jul		30	25	20
Friday	13-Jul				

Saturday	14-Jul	13	13.1	13.1	6.2
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