

2007 BOSTON AND BEYOND MARATHON TRAINING SCHEDULE

All runs begin at 7:00 am!

<i>Mission Date</i>	<i>Blast Off Site</i>	<i>Moderate Intensity Meteors</i>	<i>High Intensity Comets</i>	<i>Landing Spot</i>
December 9, 2006	Portage YMCA	8 miles E	9 miles E	Full City Café
December 16, 2006	Bicentennial Kilgore	9 miles E	10 miles E	Panera Bread
December 23, 2006	Gazelle Sports	9 miles E	12 miles E	Irvings
December 30, 2006	Borgess Health and Fitness Center	10 miles E	13 miles E	Beaners
January 6, 2007	Gull Lake	10 miles E	14 miles E	Fronas
January 13, 2007	KVCC-Texas Township	11 miles E	10 miles P	Asiagos
January 20, 2007	Portage YMCA	12 miles E	16 miles E	Full City Café
January 27, 2007	Gazelle Sports	13 miles E	18 miles E	Irvings
February 3, 2007	Cook Park -Plainwell	10 miles P	12 miles P	Plainwell Coffee Mill
February 10, 2007	Bicentennial Kilgore	15 miles E	20 miles E	Panera Bread
February 17, 2007	Gazelle Sports	16 miles E	1 mile E, 30 min T, 60 min E, 20 min T, 1 mile E	Irvings
February 24, 2007	Gull Lake	18 miles E	15 miles E	Fronas
March 3, 2007	KVCC-Texas Township	20 miles E	20 miles E	Asiagos
March 10, 2007	Bicentennial Kilgore	12 miles P	16 miles E	Panera Bread
March 17, 2007	Borgess Health and Fitness Center	14 miles E	13 miles P	Beaners
March 24, 2007	Kal-Haven Trail	20 miles E or Kal-Haven Trail 2-Person Relay + 4 miles	22 miles E or Kal-Haven Trail 2-Person Relay + 6 miles	
March 31, 2007	Portage YMCA	12 miles E	14 miles E	Full City Café
April 7, 2007	Cook Park -Plainwell	8 miles E	10 miles E	Plainwell Coffee Mill
April 1, 2007	<i>Martian Marathon</i>			
April 15, 2007	<i>Glass City Marathon</i>			
April 16, 2007	<i>Boston Marathon</i>			