



## 2017 Marathon / Half Marathon Summer Training Runs (Tentative)

Get ready for this year's Community First Fox Cities Marathon or ThedaCare Half Marathon with weekly long runs hosted by the PaceSetters Running Club.

**Free and Open to the Public!**

**WHEN AND WHERE:**

- Saturday mornings at 7 a.m.
- May 27 through September 16
- Run Away Shoes W3192 County Rd. KK (Calumet Street, Appleton)

**WHAT WE OFFER:**

- Mapped routes
- Turn-by-turn directions •
- Aid stations on course
- Support for 13:30 pace
- Incentive prizes
- Snacks and coffee after the run
- On-site physical therapists starting in Week 4
- Run/walk group
- Opportunity to meet new running friends!

Training Schedule Week	2017 Date	Marathon Distance Miles	Half Marathon Distance Miles
1	May 27 <sup>th</sup>	8	4
2	June 3 <sup>rd</sup>	9	4
3	June 10 <sup>th</sup>	6	5
4	June 17 <sup>th</sup>	11	6
5	June 24 <sup>th</sup>	12	5
6	July 1 <sup>st</sup>	9	7
7	July 8 <sup>th</sup>	14	7.5
8	July 15 <sup>th</sup>	15	8
*9	July 22 <sup>nd</sup>	13.1	6.2
10	July 29 <sup>th</sup>	17	8
11	August 5 <sup>th</sup>	18	10
12	August 12 <sup>th</sup>	13	8
13	August 19 <sup>th</sup>	20	10
14	August 26 <sup>th</sup>	12	6
15	September 2 <sup>nd</sup>	20	11
16	September 9 <sup>th</sup>	12	7
17	September 16 <sup>th</sup>	8	5
18	September 24 <sup>th</sup>	FOX CITIES MARATHON	FOX CITIES HALF MARATON



For more information about the PaceSetters, visit us online at [www.PaceSettersRun.org](http://www.PaceSettersRun.org)



*\*Week 9 is a Prediction Run, starting and finishing at Riverside Park in Neenah. In an effort to Go GREEN please bring a water bottle to fill at the aid stations on the course*