



Training Programs

Fleet Feet Winter 2020

Intro to the Trails

Program Dates: 1/5 to 2/09

Program Schedule: Sunday at 8:00 AM

Goal Race: No Goal Race

Program Fee: \$42.00

No Boundaries 5K

Program Dates: 1/6 to 3/9

Program Schedule: Monday at 6:30 PM

Goal Race: Lucky Leprechaun 5K

Program Fee: \$71.25

Half Marathon

Program Dates: 2/12 to 4/29

Program Schedule: Wednesday at 6:30 PM and Saturday mornings, time varies

Goal Race: Fredrick Half Marathon or Pittsburgh Half Marathon

Program Fee: \$71.25

Full Marathon

Program Dates: 1/8 to 4/20

Program Schedule: Wednesday at 6:30 PM and Saturday mornings, time varies

Goal Race: Pittsburgh Marathon

Program Fee: \$120.00

10K

Program Dates 2/18 to 4/23 (our best guess, dates of the race are not up yet)

Program Schedule: Tuesday at 6:30 PM

Goal Race: Pikes Peak 10K

Program Fee: \$71.25

Skills and Drills

Program Dates 1/6 - 1/27

Program Schedule: Tuesday at 6:30 PM

Goal Race: No Goal Race

Program Fee: \$30.00