

**PORTLAND & VANCOUVER FIT  
2009 MARATHON TRAINING SCHEDULE**

*Tip of the Week*

If you have friends that would like to join, they can sign up next weekend.

<b>WEEK 1                      Apr 4   thru   Apr 12</b>								
PORTLAND	SATURDAY	SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
VANCOUVER	SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
<b>BLUE</b>	3 MILES	OFF	35	40	OFF	35	OFF	5 MILES 8:00 AM
<b>GREEN</b>	3 MILES	OFF	30	35	OFF	30	OFF	5 MILES 8:00 AM
<b>YELLOW</b>	3 MILES	OFF	25	30	OFF	25	OFF	4 MILES 8:00 AM
<b>RED</b>	3 MILES	OFF	20	25	OFF	20	OFF	4 MILES 8:00 AM
<b>PURPLE</b>	3 MILES	OFF	20	25	OFF	20	OFF	4 MILES 8:00 AM

**SEMINARS:**

This Week            Orientation (+ sign ups) -- 8:00AM  
 Next Week            Running and Walking Safety (+ sign ups) -- 8:00AM

**On weekends, we run miles;  
 During the week, we run minutes!**

**On-Line Schedule: [www.PortlandFit.com](http://www.PortlandFit.com)  
 Taped Schedule: (503) 296-2124**