

10 & 20 Mile Training Run



Start at the Y. South on Winter. Follow Watson – Front – Wealthy. Get on the bike path and follow it behind the Coke Plant.

20 mile—This is the BIG LOOP. It's about 4.5 miles long. Run it 3 times then run the 1 mile LITTLE LOOP.

Restroom

LITTLE LOOP

Restroom

10 mile—This course is 9.85 miles long. You'll need to run around the parking lot to get a full 10 miles

20 mile—Follow the course all the way out and back until you get past mile 7, do the BIG LOOP 3 times and the LITTLE LOOP once.

You might not be quite at 20 by the time you get back to the Y, but once around the parking lot should do it.

Restrooms at the Y to start, just after 2 miles at the Millennium Park trailhead, and just after 5 miles at Secchia Meadows.

This is the 1 mile LITTLE LOOP. 20 mile—you need 3 BIG LOOPS and 1 LITTLE LOOP. This is also great place to do mile repeats on your own sometime.

