

# AFC Running Club



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1	2 <b>Interval workouts</b> 5am - meet at Brookside Park <i>workout of up to 1 hour</i>	3	4	5 <b>Aerobic-Easy/Social</b> 5:30pm - meet at AFC South <i>workout of up to 1 hour</i>	6	7 <b>Long Run</b> 7 am - meet at AFC North <i>workout of up to 1-3 hours</i>
8	9 <b>Interval workouts</b> 5am - meet at Brookside Park <i>workout of up to 1 hour</i>	10	11	12 <b>Aerobic-Easy/Social</b> 5:30pm - meet at AFC South <i>workout of up to 1 hour</i>	13	14 <b>Long Run</b> 7 am - meet at AFC North <i>workout of up to 1-3 hours</i>
15	16 <b>Interval workouts</b> 5am - meet at Brookside Park <i>workout of up to 1 hour</i>	17	18	19 <b>Aerobic-Easy/Social</b> 5:30pm - meet at AFC South <i>workout of up to 1 hour</i>	20	21 <b>Long Run</b> 7 am - meet at AFC North <i>workout of up to 1-3 hours</i>
22	23 <b>Interval workouts</b> 5am - meet at Brookside Park <i>workout of up to 1 hour</i>	24	25	26 <b>Aerobic-Easy/Social</b> 5:30pm - meet at AFC South <i>workout of up to 1 hour</i>	27	28 <b>Long Run</b> 7 am - meet at AFC North <i>workout of up to 1-3 hours</i>
29	30 <b>Interval workouts</b> 5am - meet at Brookside Park <i>workout of up to 1 hour</i>	31				

Ames Fitness Center Running Club

**Interval Workouts**

5 am - meet at Brookside Park  
1325 6th St, Ames

**Aerobic Workouts**

Easy/Normal/Social  
5:30 pm- meet at AFC South  
3600 University Blvd., Ames

**Long Runs**

7 am- meet at AFC North  
2622 Stange Rd.  
Run consist of 2-3 distances from 5k - marathon. Workouts to be 1- 3 hours, running long enough for your goal.

