



**STEP FORWARD 2025 FLYING PIG
5K/10K TRAINING SCHEDULE**



DAY	DATE	TIME	5K MILES	10K MILES	NOTES	LOCATION
SAT		9AM	X	X	BOOTCAMP	PREMIER PHYSICAL THERAPY 1200 GLENDALE-MILFORD RD
SAT		9AM	X	X	BOOTCAMP	PREMIER PHYSICAL THERAPY 1200 GLENDALE-MILFORD RD
SAT	3/1	8:30AM	1M	1M		CGM: 1805 DALTON AVE
WED	3/5	6PM	1M	1M		CGM
SAT	3/8	8:30AM	1.5M	2M		CGM
WED	3/12	6PM	1M	1.5M		CGM
SAT	3/15	8:30AM	1.5M	2.5M		CGM
WED	3/19	6PM	1.5M	1.5M		CGM
SAT	3/22	8:30AM	2M	3M		CGM
WED	3/26	6PM	1.5M	2M		CGM
SAT	3/29	8:30AM	2M	4M		CGM
WED	4/2	6PM	1.5M	2M		CGM
SAT	4/5	8:30AM	2.5M	5M		CGM
WED	4/9	6PM	1.5M	2M		CGM
SAT	4/12	8:30AM	3M	6M	THE 20/12	OFF SITE
WED	4/16	6PM	2M	2.5M		CGM
SAT	4/19	8:30AM	3M	3M	CHEER DAY	CGM
WED	4/23	6PM	2M	2M		CGM
SAT	4/26	8:30AM	2.5M	4M		CGM
WED	4/30	6PM	1.5M	1.5M		CGM
FRI	5/2	12-7PM	X	X	PACKET PICK UP	NKY CONVENTION CENTER
SAT	5/3	7AM & 9AM	RACE DAY!	RACE DAY!	ENTIRE TEAM	MEET AT 6TH & BROADWAY
MON	5/12	6:30PM			POST PIG DINNER PARTY!	OFFSITE