

Quad Cities Distance Classic 2021
Half Marathon Training Runs
VIRTUAL PLAN

We will once again offer **Virtual training runs** for this year's Quad Cities Distance Classic Half Marathon. We will begin our training runs **VIRTUALLY** this year due to the Covid-19 virus. If the restrictions are **LIFTED**. We will resume training from the **McDonald's parking lot** located at 1733 E. Kimberly Road (Hy-Vee Parking Lot) in Davenport at **7:30 a.m.** We will start the program offering **VIRTUAL** training runs on **Sunday, March 7, 2021**. This program is open and free to everyone who has a desire to train for a half marathon. If you have any questions please call John Parker @ 563-323-7025 or 563-508-2889. Email is pjppark@aol.com.

<u>Training Run Date:</u>	<u>Distance Planned:</u>
March 7	4 to 7 miles
March 14	5 to 8 miles
March 21	6 to 9 miles
March 28	7 to 10 miles
April 4	8 to 10 miles
April 11	9 to 12 miles
April 18	10 to 12 miles
April 25	11 to 13 miles
May 2	6 to 8 miles
May 8	Race (13.1 miles) QCDC(tentative)