

Quad Cities Distance Classic 2024 Half Marathon Training Runs

We will once again offer **training runs** for this year's Quad Cities Distance Classic Half Marathon. We will be having training runs 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 training runs on **Sunday, March 10, 2024**. 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 @ 563-508-2889. Email is pjppark@aol.com.

<u>Training Run</u> <u>Date:</u>	<u>Distance</u> <u>Planned:</u>
March 10	4 to 7 miles
March 17	5 to 8 miles
March 24	6 to 9 miles
March 31	7 to 10 miles
April 7	8 to 10 miles
April 14	9 to 11 miles
April 21	10 to 12 miles
April 28	11 to 13 miles
May 5	6 to 8 miles
May 12	QCDC