

USA FIT ABQ SPRING 2025 SEASON

Mid Week Runs are in minutes. Saturday runs are in miles (except the Beginner 5K program). All Saturday runs will start at 8:30.

Saturday Run Date	Saturday Run Location	Exp Half Saturday Run	Exp Half Mid-Week Runs	Regular Half Saturday Run	Regular Half Mid-Week Runs	10K Saturday Run	10K Mid-Week Runs	5K Saturday Run	5K Mid-Week Runs	Beginner 5K Saturday Run & Mid Week Runs
1/25/2025	Sagebrush Community Church	4 mi	30/30/30	2 mi	30/30/30	1.5 mi	30/30/30	1 mi	15/15/15	R1 min/W4 min = 30 min
2/1/2025	Sagebrush Community Church	5 mi	30/30/30	3 mi	30/30/30	2 mi	30/30/30	1 mi	15/15/15	R1 min/W4 min = 30 min
2/8/2025	Sagebrush Community Church	6 mi	30/40/30	4 mi	30/30/30	2.5 mi	30/30/30	1.5 mi	15/15/15	R2 min/W4 min = 30 min
2/15/2025	Tramway & Montgomery	7 mi	30/40/30	5 mi	30/30/30	3 mi	30/30/30	1.5 mi	15/15/15	R2 min/W3 min = 30 min
2/22/2025	Los Poblanos Open Space	6 mi	30/40/40	4 mi	30/30/30	2.5 mi	30/30/30	1 mi	15/20/15	R2 min/W3 min = 35 min
3/1/2025	Paseo de la Mesa	8 mi	40/40/40	6 mi	30/40/30	3.5 mi	30/30/30	2 mi	15/20/20	R3 min/W3 min = 30 min
3/8/2025	Alameda Open Space	9 mi	40/40/40	7 mi	30/40/30	4 mi	30/30/30	2 mi	20/20/20	R3 min/W2 min = 30 min
3/15/2025	Los Poblanos Open Space	7 mi	40/50/40	5 mi	30/40/30	3 mi	30/30/30	1.5 mi	20/20/20	R3 min/W2 min = 35 min
3/22/2025	Tramway & Montgomery	10 mi	40/50/40	8 mi	30/40/40	5 mi	30/30/30	2.5 mi	20/20/20	R4 min/W2 min = 30 min
3/29/2025	Rio Grande Park	11 mi	40/50/50	9 mi	30/40/40	5.5 mi	30/30/30	3 mi	20/20/20	R4 min/W2 min = 36 min
4/5/2025	Alameda Open Space	12 mi	40/50/50	10 mi	40/40/40	6 mi	30/30/30	3.5 mi	20/25/20	R4 min/W1 min = 35 min
4/12/2025	Tramway & Montgomery	8 mi	50/50/50	7 mi	40/50/40	3 mi	30/30/30	2 mi	20/25/25	R5 min /W1 min = 30 min
4/19/2025	Hispanic Cultural Center	13+ mi	40/30/30	12 mi	40/30/30	7 mi	30/20/20	4.5 mi	20/20/20	R5 min /W1 min = 42 min
4/26/2025	Alameda Open Space	8 mi	30/20	8 mi	30/20	4 mi	20/15	2 mi	15/15	R5 min /W1 min = 30 min
5/4/2025	ABQ Run for the Zoo	13.1		13.1		6.2		3.1		3.1

Social evenings:

Tuesday, March 18 Hops Brewery 7:30 after track workout

Wednesday, April 16 Canteen Brewhouse--Meet 6:00 PM for a run then food and drink at the Brewhouse.

Track workouts begin Tuesday, March 11 6:00 PM at Taft Middle School Track

Academy Loop Runs begin Thursday, March 13 6:00 PM- Park at Hoffmantown Church parking lot (Harper/Ventura--NE corner)