

## Marathon Dynamics Winter Coaching Locations – Maps, Directions, Instructions

Note: please rest the day b/f 1 mile run, and if you're planning on using a HR monitor this season, wear it!

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### **1) OAKVILLE \* TUESDAYS \* MISSISSAUGA STADIUM (INDOOR)**

We meet at Mississauga Stadium. The brand new (first!) “west of T.O” (nearly) full sized INDOOR track stadium near 401 & Mavis.

The track is located at 560 Courtney Park Dr. [Click here](#) for more info and map/directions.

- Free parking, full changeroom, washroom, showers and lockers available.

\* Due to the very busy conditions and the need to change clothes, we ask that runners in the evening group arrive by 6:25pm, so they can begin their warm up by 6:30pm sharp. We congregate/make announcements at 6:45, and then complete the warm up, and begin our workout before 7pm.



Please note: All users of the MP indoor track must pay a user fee.

It's most economical (for those only planning on using the facility once per week) to choose a Marathon Dynamics “special pass” pack – either the 10 visit (\$75, incl tx) or 20 pack option (\$150, incl. tx).

You should purchase these passes online before your first visit. Otherwise, you will be charged the per diem rate of \$10/visit. [Click here](#) to request the online links to payment for these options.

**Instructions:** Upon arrival, check in with MDI coach, confirm work-out details, and start warm up @ 6:30pm.

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### **2 WEST TORONTO \* WEDNESDAYS \* HIGH PARK**



We meet inside **the Grenadier Restaurant in the center of High Park**. If west of the Parkside/Keele intersection). [Click here](#) for map (zoom in)

Follow the main, one way road (West Rd.) exactly 1km, where you should see Grenadier Restaurant on your left. There's lots of (free) parking available right there. Once inside, proceed to the left, where our group gathers.

There are washrooms available (you can change there if needed, though still best to arrive ready to run if possible).

**Evening group - we meet/organize from 6:30-6:40pm, then group warm up starts at 6:40pm.**

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### **3 & 4) EAST TORONTO \* THURSDAYS \* MONARCH PARK STADIUM**

We meet at **Monarch Park Stadium**, Toronto's largest INDOOR track facility, located 1 block south of Danforth/Coxwell. Free parking! [Click here](#) for map



NB - Full changeroom, washroom, showers and lockers available.

\* Due to the very busy conditions and the need to change clothes, we ask that runners in the evening group arrive by 6:20pm, so they can begin their warm up by 6:30pm sharp. We congregate/make announcements at 6:45, and then complete the warm up, and begin our workout before 7pm.

The early morning group should arrive by 5:50-5:55am to start warm up by 6am sharp.

Please note: All users of the MP indoor track must pay a user fee.

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You should purchase these passes online before your first visit. Otherwise, you will be charged the per diem rate of \$10/visit. [Click here](#) to request the online links to payment for these options.