

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!

1) CENTRAL TORONTO * MONDAYS 6:30PM * 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.

• Please note: All MDI Run Crew members must pay a season pass facility user fee arranged through MDI.

Please contact us BEFORE arriving to provide payment. For winter/spring 2023 (Dec '22 to mid-Apr '23 – max 18 weeks) the cost will be approx. \$8/week (\$150).

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

2) OAKVILLE * TUESDAYS @ 6:30PM * 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 Courtneypark 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 arrive by 6:20-6:25pm, 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.



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3 WEST TORONTO * WEDNESDAYS @ 6:30PM * HIGH PARK



We meet OUTSIDE 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. In 2021 and 2022 the Grenadier has been CLOSED at night, so we are not expecting to have access inside the restaurant. There should be port-o-potties available beside parking lot.

Best to arrive ready to run!

Note: We recommend arriving by 6:25 to check in with MDI Coaches and start your warm up jog (approx. 15min) right

away (to keep warm!).

The goal is to **FINISH** your warm up (or arrive at Grenadier Café if running directly to High Park as part of your warm up jog) at 6:45pm SHARP. Because it can be very cold, we need everyone's help and co-operation to try as best as possible to make this happen (so we can minimize any stand around/waiting time!)

* At 6:45, we gather to complete the warm up (run drills, striders, stretching and final announcements, b/f starting the workout at 7pm).

4) CENTRAL TORONTO * THURS @ 6:30PM * 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.

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

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