



## Fleet Feet - Official Training Programs



Fleet Feet CLE Running Club is proud to serve as the Official Training Program Partner for the 2025 Cleveland Marathon!

Whether you're looking to finish your very first half marathon or you're a veteran at the 26.2 mile distance, this group has so much to offer. Each week, our experienced + passionate coaches will lead you on two group runs that will include a dynamic warmup, support along the route, + a post-run strength or stretching routine. Your coaches will prepare you for race day with a program that is professionally designed to build endurance, strength, + speed week-over-week. We've got you covered outside of group runs as well with a comprehensive 16-week training calendar that provides the recommended mileage, workouts, + recovery necessary to conquer the 2025 Cleveland Marathon or Half Marathon this May.

Get more information and sign up for one of the Fleet Feet Official Training Programs below:

[Spring Full and Half Marathon](#)  
[Spring 10K and 5K](#)

# Kickoff Training Run - February 8



Join Fleet Feet Cleveland, the Cleveland Marathon, and ASICS for the first group run of the 2025 training season!

Fleet Feet coaches will guide you through 3-mile or 5-mile routes, starting from the Fleet Feet Cleveland warehouse in Beachwood.

We'll gather at 8:30am, run through a quick welcome and introduction of the coaches, then head out for our run at 9am.

Stay after the run for post-run pancakes, breakfast bars, and morning beverages provided by ASICS and adult beverages courtesy of Fat Heads Brewery.

RSVP for the KICKOFF RUN

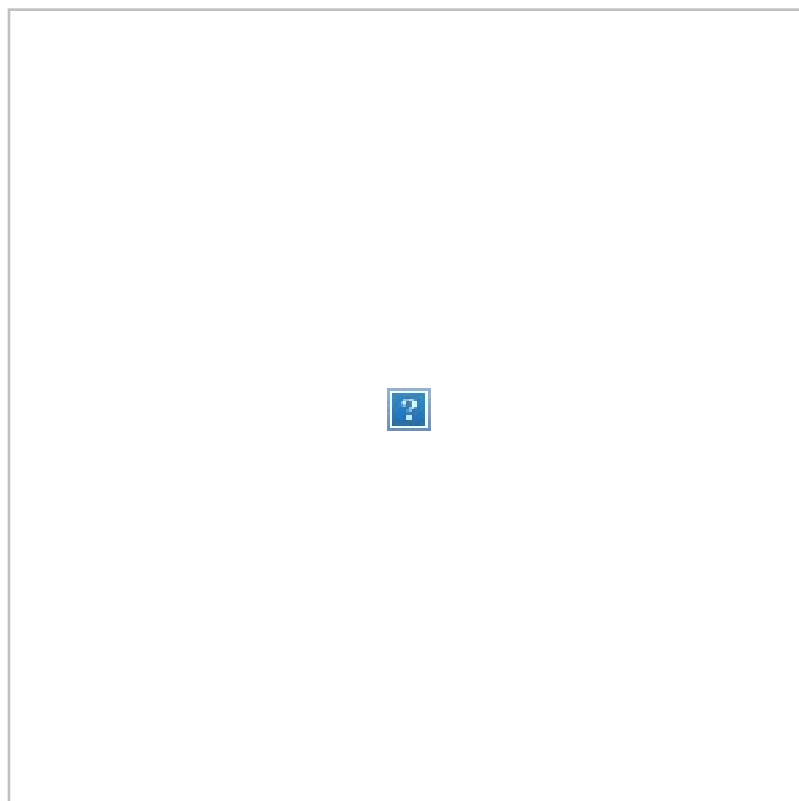
## 216 Day Run + Afterparty

SAVE THE DATE and join RunWithTheWinners, Fleet Feet, and the Cleveland Marathon as we celebrate #216DAY!

**When:** February 16, 2025 @ 2:16 PM  
Check-in: 1:30pm

**Where:** [McCarthy's Downtown](#), 1231 Main Avenue, Cleveland, OH. 44113

Follow us on [Instagram](#) for more info and updates!



# Course Study Group Runs

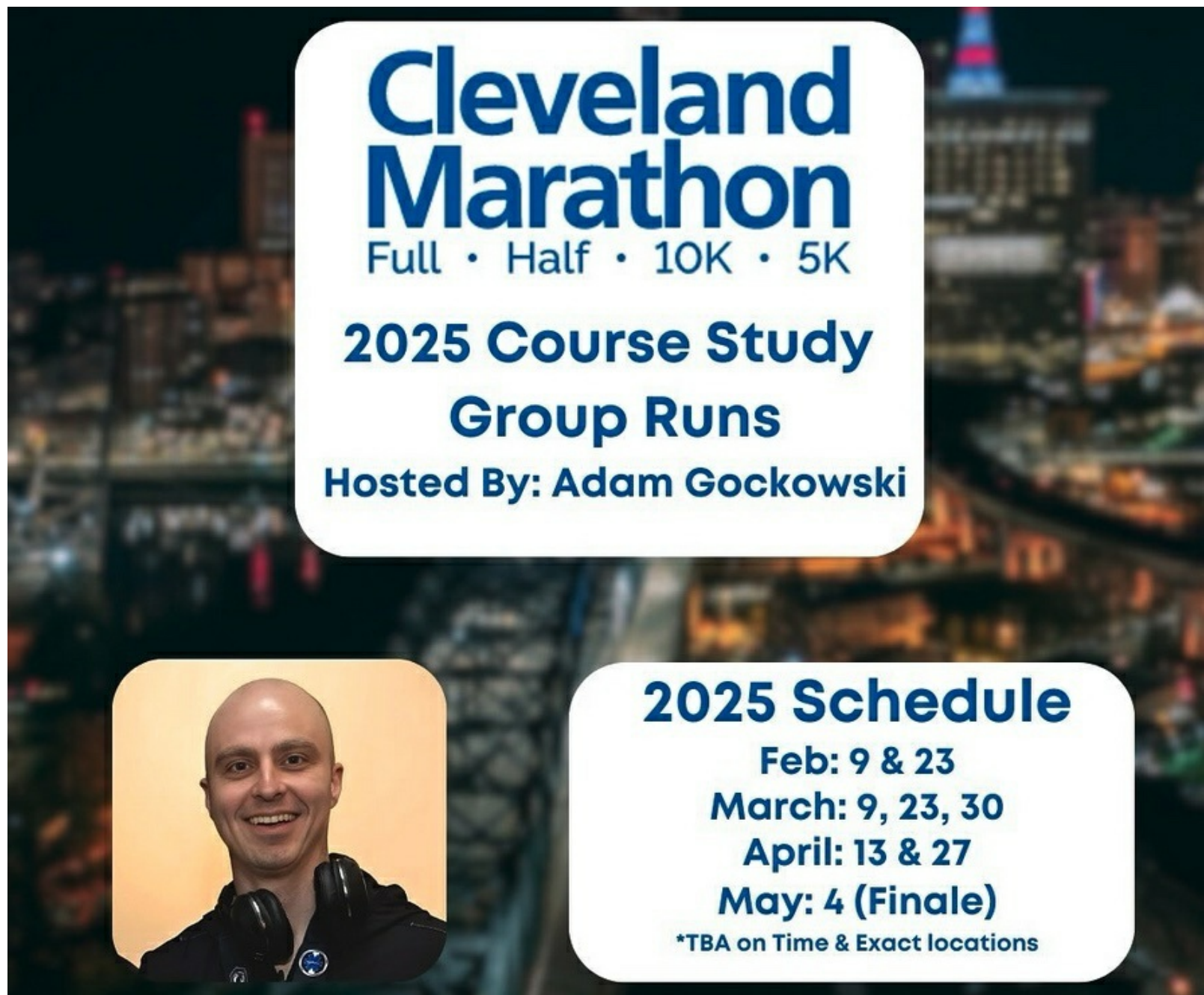
Exciting news! Our ambassador, Adam G, is bringing back the popular **Cleveland Marathon Course Studies** program! ♂

This unique program is designed to help you:

- Learn the course** – familiarize yourself with the layout and key spots.
- Stop & study** – understand the challenges and plan your strategy.
- Practice the road itself** – gain confidence every step of the way.


Join Adam and fellow runners as you prepare to conquer the Cleveland Marathon course like a pro! Schedule below ↓

\*Time and locations will be announced. Follow the [Cleveland Marathon](#) and [Adam](#) (@aceymcglockstarrunnin) on Instagram for updates.

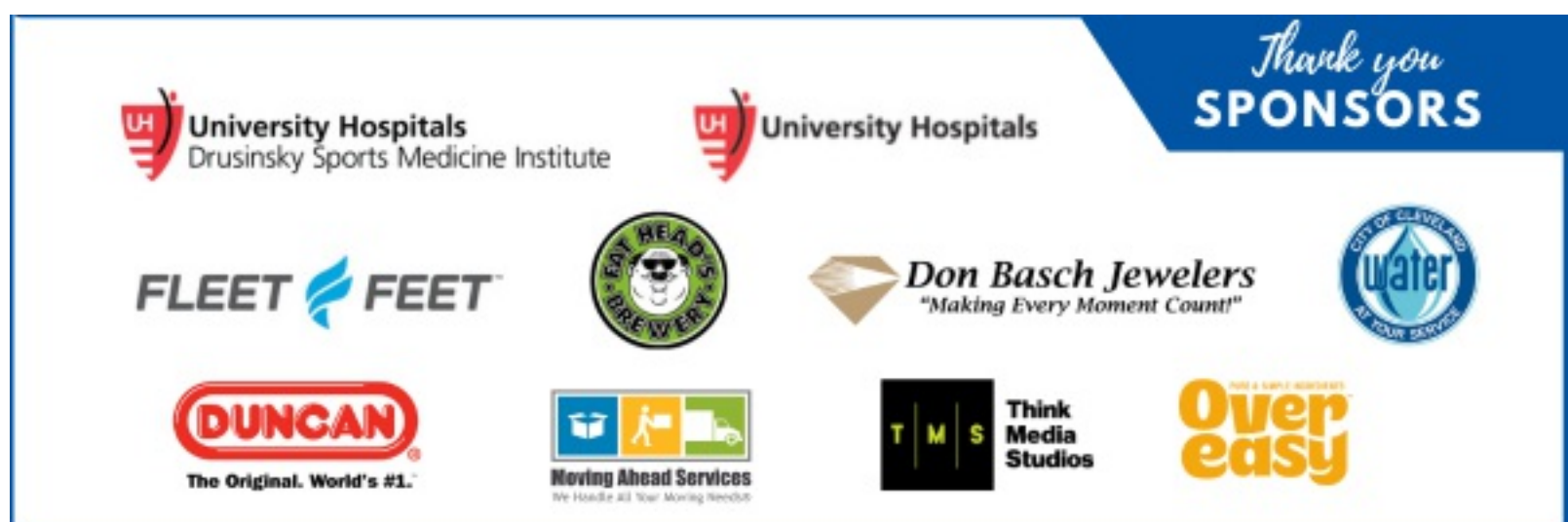


**Cleveland Marathon**  
Full • Half • 10K • 5K

**2025 Course Study Group Runs**  
Hosted By: Adam Gockowski



**2025 Schedule**  
Feb: 9 & 23  
March: 9, 23, 30  
April: 13 & 27  
May: 4 (Finale)  
\*TBA on Time & Exact locations



Thank you **SPONSORS**

- University Hospitals Drusinsky Sports Medicine Institute
- University Hospitals
- FLEET FEET
- EAT HEADS BREWERY
- Don Basch Jewelers "Making Every Moment Count!"
- CITY OF CLEVELAND WATER AT FAIR SERVICE
- DUNCAN The Original. World's #1.
- Moving Ahead Services We Handle All Your Moving Needs!
- Think Media Studios
- Over easy

[UH Drusinsky Sports Medicine Institute](#) is proud to be the official medical provider of the Cleveland Marathon. For nearly ten years, the team of experts at University Hospitals has worked strategically to develop safety protocols and provide on-site medical care throughout the race. For more information or to make an appointment with a UH Drusinsky Sports Medicine Institute specialist, visit [the UH website](#).

QUESTIONS?

What topics are you interested in hearing about?

We'd love to know!

email: [info@clevelandmarathon.com](mailto:info@clevelandmarathon.com)