

## 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) 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, lockers available, showers currently unavailable.

\* 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 2025 (Dec '24 to mid-Apr '25 – max 20 weeks) the cost will be approx. \$8/week (\$139+gst =\$157)

- **Instructions:** Upon arrival, check in w/MDI coach, confirm work-out details & start warm up by 6:30pm.

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### **2) OAKVILLE \* TUESDAYS @ 6:30PM \* MISSISSAUGA STADIUM (INDOOR)**

We meet at Mississauga Stadium. The ONLY (nearly) full sized INDOOR track stadium west of Toronto (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 arrive by 6:20-6:25pm, so they can begin their warm up jog 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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**Instructions:** Upon arrival, check in with MDI coach, confirm work-out details, and start warm up by 6:30pm.

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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. **Since 2020, the Grenadier has been CLOSED at night, so we do NOT have access to inside the restaurant. There are 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).**

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### **4) CENTRAL TOR AM \* THURS @ 6:30AM \* 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.

- 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 2025 (Dec '24 to mid-Apr '25 – max 20 weeks) the cost will be approx. \$8/week (\$139+gst=\$157)