

# Lopers Club Training Schedule 2009-2010 Marathon and Half Marathon Clinic

(July 12, 2009 - February 21, 2010)

Date	Sunday Miles		Weekday Training	Comments	Notes
	Mar.	1/2 Mar.			
07/12/09	1	1	15-30 min, 1 time.	<b>Clinic opening</b>	
07/19/09	2	2	15-30 min, 1 time.	Clinic opening	
07/26/09	3	3	15-30 min, 1 time.	Clinic opening	
08/02/09	4	3	15-30 min, 1 time.		
08/09/09	5	4	15-30 min, 2 times.	Begin Cross Training	
08/16/09	6	5	15-30 min, 2 times.		
08/23/09	7	5	15-30 min, 2 times.		
08/30/09	8	6	30-45 min, 2 times.		
09/06/09	9	5	30-45 min, 2 times.		
09/13/09	10	7	30-45 min, 2 times.		
<b>09/20/09</b>	10	5	30-45 min, 2 times.	<b>All Club Run - Loma Linda</b>	(no meeting in Riverside)
09/27/09	11	8	30-45 min, 2 times.		
10/04/09	12	5	30-45 min, 2 times.		
10/11/09	10	9	30-45 min, 2 times.		
10/18/09	13	5	30-45 min, 2 times.		
<b>10/25/09</b>	14	10	30-45 min, 2 times.	<b>All Club Run - Riverside</b>	(no meeting in Loma Linda)
11/01/09	15	5	30-45 min, 2 times.		
<b>11/08/09</b>	<b>6.2</b>	<b>6.2</b>	30-45 min, 2 times.	<b>Mission Inn 10K</b>	(No regular meetings)
11/15/09	15	11	30-45 min, 2 times.		
11/22/09	15 - 18	6	30-45 min, 2 times.		
11/29/09	10	10	45-60 min, 2 times.		
<b>12/06/09</b>	<b>9.3</b>	<b>9.3</b>	45-60 min, 2 times.	<b>Holiday Classic 15K</b>	(No regular meetings)
12/13/09	12	6	45-60 min, 2 times.		
12/20/09	18 - 20	12	45-60 min, 2 times.		
12/27/09	15	8	45-60 min, 2 times.		
01/03/10	12	12	45-60 min, 2 times.		
01/10/10	15	8	45-60 min, 2 times.		
01/17/10	20 - 22	13	45-60 min, 2 times.		
01/24/10	12	8	30-45 min, 2 times.		
01/31/10	10	6	Rest & carbo-load	No cross training	
<b>02/07/10</b>	<b>26.2</b>	<b>13.1</b>	<b>Rest</b>	<b>Surf City - Huntington Beach</b>	(No regular meetings)
02/14/10	6	4	30-45 min, 2 times.	Celebrate half and full marathons	
02/21/10	10	6	30-45 min, 2 times.	<b>Lopers Banquet</b>	(6 PM at the Hilton in San Bernardino)
02/28/10	18 - 20	8	45-60 min, 2 times.		
03/07/10	13 - 15	10	30-45 min, 2 times.		
03/14/10	10	6	Rest & carbo-load		
<b>03/21/10</b>	<b>26.2</b>	<b>6</b>	<b>Rest</b>	<b>Los Angeles Marathon</b>	(no regular meetings)
03/28/10	6	6	30-45 min, 2 times.	Celebrate marathon	
04/04/10	12	6	30-45 min, 2 times.		
04/11/10	15	10	45-60 min, 2 times.		
04/18/10	10	6	45-60 min, 2 times.		
04/25/10	18 - 20	12	45-60 min, 2 times.		
05/02/10	12	6	45-60 min, 2 times.		
05/09/10	15	10	45-60 min, 2 times.		
05/16/10	20 - 22	13	45-60 min, 2 times.		
05/23/10	12	6	30-45 min, 2 times.		
05/30/10	10	6	Rest & carbo-load		
<b>06/07/10</b>	<b>26.2</b>	<b>13</b>	<b>Rest</b>	<b>San Diego Rock 'n' Roll Marathon</b>	(no regular mtgs.)
06/15/10	6	6	30-45 min, 2 times.	Celebrate marathon	