

# Lopers Club Training Schedule 2010-2011 Marathon and Half Marathon Clinic

(August 1, 2010 – April 17, 2011)

Date	Sunday Miles		Weekday Training	Comments	Notes
	Mar.	1/2 Mar.			
8/1/10	1	1	15-30 min, 1 time.	<b>Clinic opening</b>	
8/8/10	2	2	15-30 min, 1 time.	Clinic opening	
8/15/10	3	3	15-30 min, 1 time.	Clinic opening	
8/22/10	4	3	15-30 min, 1 time.		
8/29/10	5	4	15-30 min, 2 times.	Begin Cross Training	
9/5/10	6	5	15-30 min, 2 times.		(Meeting outside) *
9/12/10	7	5	15-30 min, 2 times.		
9/19/10	8	6	30-45 min, 2 times.		
9/26/10	9	6	30-45 min, 2 times.		
10/3/10	10	7	30-45 min, 2 times.		
10/10/10	10	7	30-45 min, 2 times.		
10/17/10	11	8	30-45 min, 2 times.		
10/24/10	12	8	30-45 min, 2 times.		
10/31/10	10	9	30-45 min, 2 times.		(Meeting outside) *
11/7/10	13	6	30-45 min, 2 times.		
11/14/10	<b>6.2</b>	<b>6.2</b>	30-45 min, 2 times.	<b>Mission Inn 10K</b>	(No regular meeting) **
11/21/10	14	8	30-45 min, 2 times.		
11/28/10	15	8	30-45 min, 2 times.		
12/5/10	<b>9.3</b>	<b>9.3</b>	30-45 min, 2 times.	<b>Holiday Classic 15K</b>	(No regular meeting) **
12/12/10	15	6	30-45 min, 2 times.		
12/19/10	15 - 18	10	30-45 min, 2 times.		
12/26/10	10	8	45-60 min, 2 times.		
1/2/11	18 - 20	12	45-60 min, 2 times.		
1/9/11	15	8	45-60 min, 2 times.		
1/16/11	12	12	45-60 min, 2 times.		
1/23/11	18 - 20	10	30-45 min, 2 times.		
1/30/11	15	6	30-45 min, 2 times.		
<b>2/6/11</b>	<b>13.1</b>	<b>13.1</b>	30-45 min, 2 times.	<b>Surf City Half Marathon</b>	(No regular meeting) **
2/13/11	12	6	30-45 min, 2 times.	Celebrate half marathon	
2/20/11	15	8	45-60 min, 2 times.		
2/27/11	20 - 22	10	45-60 min, 2 times.		
3/6/11	12	6	30-45 min, 2 times.		
3/13/11	10	8	Rest & carbo-load +		
<b>3/20/11</b>	<b>26.2</b>	10	Rest ++	<b>Los Angeles Marathon</b>	(No regular meeting) **
3/27/11	4 - 6	6	30-45 min, 2 times.	Celebrate marathon	
4/3/11	6 - 8	8	30-45 min, 2 times.	<b>Lopers Banquet</b>	(See note ) #
4/10/11	8	10	45-60 min, 2 times.		
4/17/11	10	6	45-60 min, 2 times.		

\* We will meet outside in front of Drayson Center because of another scheduled event there.

\*\* We will not have a regular meeting at Drayson Center so we can all participate in this club event.

+ No cross training the week before the Marathon.

++ Rest and minimum exercise after the race.

# Information about the Lopers Banquet will be posted at <http://www.lopersclub.org> when it becomes available.