

Lopers Club Training Schedule 2011-2012 Marathon and Half Marathon Clinic

(August 14, 2011 – April 4, 2012)

Date	Sunday Miles		Weekday Training	Comments	Notes
	Mar.	1/2 Mar			
8/14/11	1	1	15-30 min, 1 time.	Clinic opening	
8/21/11	2	2	15-30 min, 1 time.		
8/28/11	3	3	15-30 min, 2 times.		
9/4/11	4	3	15-30 min, 2 times.	Drayson Closed	Meet outside [a]
9/11/11	5	4	15-30 min, 2 times.		
9/18/11	6	5	15-30 min, 2 times.		
9/25/11	7	5	15-30 min, 2 times.		
10/2/11	8	6	30-45 min, 2 times.		
10/9/11	9	6	30-45 min, 2 times.		
10/16/11	10	7	30-45 min, 2 times.		
10/23/11	10	7	30-45 min, 2 times.		
10/30/11	11	8	30-45 min, 2 times.	Drayson Closed	Meet at ICB [b] <u>Change Clocks.</u>
11/6/11	12	8	30-45 min, 2 times.		
11/13/11	6.2	6.2	30-45 min, 2 times.	Mission Inn 10K	No regular meeting [c]
11/20/11	13	9	30-45 min, 2 times.		
11/27/11	10	6	30-45 min, 2 times.		
12/4/11	9.3	9.3	30-45 min, 2-3 times.	Holiday Classic 15K	No regular meeting [c]
12/11/11	14	9	30-45 min, 2-3 times.		
12/18/11	15	10	30-45 min, 2-3 times.		
12/25/11	10	8	30-45 min, 2-3 times.	Merry Christmas!	No regular meeting [d]
1/1/12	15	11	30-45 min, 2-3 times.	Drayson Closed	Meet outside [a]
1/8/12	18	8	45-60 min, 2-3 times.		
1/15/12	12	10	45-60 min, 2-3 times.		
1/22/12	18-20	12	45-60 min, 2-3 times.		
1/29/12	12	8	45-60 min, 2-3 times.		
2/5/12	13.1	13.1	45-60 min, 2-3 times.	Surf City Half Marathon	No regular meeting [c]
2/12/12	15	6	45-60 min, 2-3 times.		
2/19/12	15	8	45-60 min, 2-3 times.		
2/26/12	20-22	10	45-60 min, 2-3 times.		
3/4/12	12-15	8	45-60 min, 2-3 times.		
3/11/12	8-10	13.1	30-45 min, 2 times.	San Diego Half Marathon [e]	<u>Change Clocks.</u>
3/18/12	26.2	10	15-30 min, 2 times.	Los Angeles Marathon	No regular meeting [a,f]
3/25/12	4-6	8	15-30 min, 2 times.	Celebration meeting.	Be back EVERY WEEK to continue fitness level!
4/1/12	6-8	10	30-45 min, 2 times.	Lopers Banquet [g]	

[a] We will meet outside in front of Drayson Center because of another scheduled event there.

[b] ICB is the Inland Community Bank located north of Clarks at the corner of Barton Rd. and Mt. View Ave.

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

[d] No regular meeting on Christmas day. Try to get in mileage on your own. Can do on a different day.

[e] This half marathon is for those **NOT** doing the Los Angeles Marathon on the following week..

[f] No cross training the week before the Marathon. Rest and minimum exercise after the race.

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