



# San Diego Rock N' Roll Marathon/ Half Master Schedule 2010

Milage for long Run/ Walk

Sat	Seminar		Week	Marathon	Half Marathon	Location
23-Jan	Information Session		1	1 ~ 2	1	Granada
1/30	Walking/ Running Form		2	1 ~ 2	1	Granada
2/6	Shoes / Clothing		3	4	2	Granada
2/13	Nutrition/ Hydration		4	5	3	Kiwanis
2/20	Strength Training/ Speed work		5	6	4	DC Ranch
2/27	Running Terms and Definitions		6	7	4	Kiwanis
3/6	Injury Prevention		7	8	5	Kiwanis
3/13	Race Preperation - No Practice		8	9	5	Tempe Town Lake
3/20	Equipment		9	10	6	DC Ranch
3/27	Hill Running	South Mountain - Frontside	10	11	6	South Mountain
4/3	Race Prepartiona #1 - Havasu		11	12	7	Tempe Town Lake
4/10	Supplements - Sport Aids	Havasu Half Marathon	12	13.1	7	Havasu Half Marathon
4/17	Motivation	South Moutain - Summit	13	15	8	South Mountain
4/24	Race Prepartaion #2 Whiskey Row		14	17	9	Freestone Park
5/1	Long Run Strategy	Whiskey Row - Saturday May 1st	15	13.1	13.1	Prescott
5/8	TBA		16	18	9	Granada
5/15	Reflection -Goal Setting		17	20	10	Granada
5/22	Tapering		18	16	11	Kiwanis
5/29	Race Prep #3		19	6	6	Tempe Town Lake
6/5	Details on Race Weekend	No Practice - Race Weekend!	20	Race Day!	Race Day!	RNRSD