

Lopers Club Training Schedule
2016-2017 Marathon and Half-Marathon Clinic
 (August 14, 2016 - April 2, 2017)

Date	Sunday Mar.	Miles Half	Weekly Training	Comments
08/14/16	1	1	15-30 min., 2 times	Clinic Opening
08/21/16	2	2	15-30 min., 2 times	Meet your Pace Leaders!
08/28/16	3	3	30-45 min., 2 times	Your Basic Running Gear – The Running Center
09/04/16	4	4	2-3 miles, 2 times	Water Stop Etiquette – Colleen Sproul
09/11/16	5	5	2-3 miles, 2 times	Drayson Closed (meet at East Coast Bagel Shop) * Your Feet and the Importance of a Good Fitting Running Shoe – Dr. Robin Lie. Also, Loper Picture Day
09/18/16	6	6	2-3 miles, 2 times	Road Safety – CHP Officer Tony Pena
09/25/16	7	7	2-3 miles, 2-3 times	The Importance of Hydration – The Running Center
10/02/16	8	8	3-4 miles, 2-3 times	The Importance of Stretching – Sam and Ashleigh Benavides
10/09/16	9	9	3-4 miles, 2-3 times	Loper Member Meeting – Loper Board Members
10/16/16	10	10	3-4 miles, 2-3 times	Skin Care for Athletes- Dr. Lindsey Goddard, Dr. Malakouti
10/23/16	10	5	3-4 miles, 2-3 times	Using A Foam Roller – Sam and Ashleigh Benavides
10/30/16	11	11	3-4 miles, 2-3 times	Drayson Closed (meet at East Coast Bagel Shop)*
11/06/16	12	12	3-4 miles, 2-3 times	Balance – Sam and Ashleigh Benavides Daylight Savings End. Turn Clocks Back 1 hour
11/13/16	13.1	6.2	4-6 miles, 2-3 times	Mission Inn 10K and Half Marathon • (Clinic Closed)
11/20/16	12	12	4-6 miles, 2-3 times	Nutrition for the distance runner/walker-David Minishian
11/27/16	10	10	4-6 miles, 2-3 times	Drayson Closed (meet at East Coast Bagel Shop)*
12/04/16	13.1	13.1	4-6 miles, 2-3 times	Holiday Classic Half Marathon • (Clinic Closed)
12/11/16	14	8	4-6 miles, 2-3 times	Loper Member Meeting – Sandy Wible
12/18/16	15	9	4-6 miles, 2-3 times	Jill Rooks – Energy Lab
12/25/16	10	10	4-6 miles, 2-3 times	No Clinic – Do mileage on your own
01/01/17	10-14	8	4-6 miles, 2-3 times	Yes, we are meeting! Announcements Only
01/08/17	15-18	10	4-6 miles, 2-3 times	LONG MILES – Announcements Only
01/15/17	10	10	4-6 miles, 2-3 times	40 th Anniversary – Jim Perry
01/22/17	18	8	4-6 miles, 2-3 times	LONG MILES – Announcements Only
01/29/17	10	10	4-6 miles, 2-3 times	Jill Rooks – Energy Lab
02/05/17	13.1	13.1	4-6 miles, 2-3 times	Surf City Half Marathon • (Clinic Closed)
02/12/17	18-20	10	4-6 miles, 2-3 times	LONG MILES – Announcements Only
02/19/17	15	12	4-6 miles, 2-3 times	LONG MILES – Announcements Only
02/26/17	20-22	10	4-6 miles, 2-3 times	LONG MILES – Announcements Only
03/05/17	13.1	13.1	3-4 miles, 2-3 times	Run Through Redlands •** (Clinic Closed)
03/12/17	10	10	2-3 miles, 2-3 times	LA Marathon Talk -DAYLIGHT SAVINGS TIME: clocks FORWARD 1 hour
03/19/17	26.2	12	3-4 miles, 2-3 times	LA MARATHON (Clinic closed)
03/26/17	4-6	4-6	3-4 miles, 2-3 times	Celebrate!
04/02/17	6-8	6-8	3-4 miles, 2-3 times	BANQUET – Location TBD

* East Coast Bagel Shop – 11215 Mountain View Ave, Loma Linda, CA 92354 (next door to Clark’s Nutritional Center - near the corner of Barton Rd. and Mt. View Avenue in Loma Linda)

• Recommended local races

•** The Run through Redlands offers a 5K, 10K, and Half Marathon. The Half Marathon is a hilly course and is a good training distance for this week. If you are training for the LA Marathon, it might be best to consider running the 10K instead simply due to the Half Marathon having so many hills.