

**Lopers Club Training Schedule**  
**2017-2018 Marathon and Half-Marathon Clinic**  
 (August 13, 2017 - April 1, 2018)

Date	Sunday Mar.	Miles Half	Weekly Training	Comments
08/13/17	1	1	15-30 min., 2 times	Clinic Opening
08/20/17	2	2	15-30 min., 2 times	Meet your Pace Leaders!
08/27/17	3	3	30-45 min., 2 times	
09/03/17	4	4	2-3 miles, 2 times	Drayson closed for Labor Day weekend, but we will meet in front of it.
09/10/17	5	5	2-3 miles, 2 times	
09/17/17	6	6	2-3 miles, 2 times	
09/24/17	7	7	2-3 miles, 2-3 times	
10/01/17	8	8	2-3 miles, 2-3 times	
10/08/17	5	5	2-3 miles, 2-3 times	
10/15/17	9	9	3-4 miles, 2-3 times	
10/22/17	10	10	3-4 miles, 2-3 times	
10/29/17	10	10	3-4 miles, 2-3 times	Drayson closed; Meet at Hulda Crooks Park (behind 1st water stop)*
11/05/17	11	8	3-4 miles, 2-3 times	Turn clocks <b>BACK</b> 1 hour
11/12/17	12	10	4-6 miles, 2-3 times	
11/19/17	13	11	4-6 miles, 2-3 times	
				<u>Thanksgiving Day (11/23/17): San Bernardino's Turkey Trot 5k</u>
11/26/17	14	12	4-6 miles, 2-3 times	Drayson may be closed; Check Thursday email for meeting location
12/03/17	10	8	4-6 miles, 2-3 times	Drayson may be closed; Check Thursday email for meeting location
12/10/17	13.1	13.1	4-6 miles, 2-3 times	<u>Loma Linda's Holiday Classic 5k and Half Marathon (Clinic Closed)</u>
12/17/17	15	10	4-6 miles, 2-3 times	
12/24/17	10	8	4-6 miles, 2-3 times	Drayson closed; Meet at Hulda Crooks Park (behind 1st water stop)*
12/31/18	15	10	4-6 miles, 2-3 times	Drayson closed; Meet at Hulda Crooks Park (behind 1st water stop)*
01/07/18	16-18	12	4-6 miles, 2-3 times	LONG MILES – Announcements Only
01/14/18	10	8	4-6 miles, 2-3 times	
01/21/18	18	12	4-6 miles, 2-3 times	LONG MILES – Announcements Only
01/28/18	***	***	4-6 miles, 2-3 times	<u>Highland YMCA Run 5k, 10k, and half marathon (Clinic Closed)</u>
02/04/18	15	10	4-6 miles, 2-3 times	
02/11/18	18-20	12	4-6 miles, 2-3 times	LONG MILES – Announcements Only
02/18/18	15	8	4-6 miles, 2-3 times	LONG MILES – Announcements Only
02/25/18	20-22	10	4-6 miles, 2-3 times	LONG MILES – Announcements Only
03/04/18	***	***	3-4 miles, 2-3 times	<u>Run Through Redlands 5k, 10k, and half marathon (Clinic Closed)</u>
03/11/18	10	8	2-3 miles, 2-3 times	Turn clocks <b>FORWARD</b> 1 hour
03/18/18	26.2	12	3-4 miles, 2-3 times	<u>LA MARATHON (Clinic Closed)</u>
03/25/18	4-6	4-6	3-4 miles, 2-3 times	Celebrate!
04/01/18	6-8	6-8	3-4 miles, 2-3 times	BANQUET –

\* Hulda Crooks Park - Corner of Mountain View Ave. and Beaumont Ave., Loma Linda, CA 92354 (located behind the 1st water stop; there are two parking lots to park)

\*\*\* Speak with your Pace Leaders regarding the distance to do at these races. Please take into consideration your goals, need for recovery from long miles, and any injuries. Both races have a hilly half marathon.

Club supported races are underlined. Please go online to register for the races. The Clinic at Drayson Center will be closed on those dates, and we will meet at the races. Wear your Loper shirt to races to encourage others and to be encouraged.