



HONOLULU & FALL MARATHONS

2011 TRAINING SCHEDULE (Tentative DEC 28)

2011 DATE	DAY	TIME	[LINK TO DRIVING MAPS] COURSE (MEETING SITE)	LECTURE TOPIC (COMMENTS)	GOAL DIST	MAX DIST
MAR 26	SAT	10AM	LOVE CREEK (Lodge)	Orientation	4	8
APR 2	SAT	9AM	LAWLESS PARK (Vandalia)	Equipment-Technique-Progressive Overload Training	4	12
APR 17	SUN	8AM	MILL POND (Elks-Dowagiac)	Stretching-Tear & Repair Training	5	7
MAY 7	SAT	9AM	POTATO CREEK (South Bend)	Core Strength Training-Training	6	9
MAY 21	SAT	9AM	HAAG LOOP (SMC-Dowagiac)	Sport Walking-A Marathon-Training-Body Composition	7	10
JUN 4	SAT	9AM	INDIAN LAKE		8	14
JUN 11	SAT	9AM	DEVIL'S LAKE (Madison, WI)	Optional Trip/Test Hike (No Lecture)	9	13
JUN 25	SAT	8AM	MORRIS FARMS (Riverfront Park-Niles)	Yoga & Pilate's for Runners-Sport walker's	10	14
JUN 9	SAT	9AM	EAST RACE/ST. MARY'S/ND (H & LS, S. Bend)	Bounding Program for Speed-Training	11	16
JUN 23	SAT	8AM	CHRISTIANA CREEK/EAGLE LAKE/ (TBA)	Speed Training-Speed Drills	12	14
JUN 30	SAT	9AM	STEVE'S RUN (Dowagiac, MI)	Optional Speed Work (Lotsa' Karma)	6.2	6.2
AUG 6	SAT	8AM	BRENDA'S KILLER (Russ Forest County Park)	Eating to Excel-Body Composition-Training	13	17
AUG 12-14	FRI	9AM	PICTURED ROCKS/LAKESHORE TRAIL	Optional Trip (No Lecture)	14	18
AUG 21	SUN	9AM	OAK GROVE/DUNNING ST. (Elks, Dowagiac)	Video from Assessment-Training	14	18
AUG 27	SAT	9AM	SANDHILL CRANE All Trail Half Marathon	Optional Event (No Lecture)	13.1	13.1
SEP 5	MON	TBA	SAUGATUCK/MT. BALDY (Saugatuck, MI)	Optional Picnic (No lecture)	15	17
SEP 18	SUN	8AM	SWAMP/DOWNEY/INDIAN TRAILS (Elks, Dowagiac)	Tempo Training-Injury Prevention	16	18
OCT 9	SUN	8AM	DIAMOND LAKE (TBA)	Race Tactics-Training	17	19
OCT 23	SUN	8AM	BOND ST./ST. PAT'S PARK (Riverfront Park, Niles)	Honolulu Marathon Strategies	18	20
NOV 4	SAT	8AM	CREEK RD./BRICK BRIDGE (Dodd Park)	Psycho Cybernetics Program for Honolulu	19	21
NOV 20	SUN	9AM	SISTER LAKES (Lions Club)	Taper Training	20	22
NOV 26	SAT	9AM	SMC (Dowagiac Campus)	Trip Orientation (Travel Tips)	6	6
DEC 11	SUN	5AM	HONOLULU MARATHON/10K	DO IT!	6.2	26.2

TBA = To Be Announced

NOTES: 1) This is the tentative schedule. Changes will be emailed and announced at each meeting. For questions, updates or information contact:

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- 2) Lectures will last 30 minutes and the training run/walks will start 5 minutes later.
- 3) All training distances are flexible and every effort will be made to accommodate program members who want to go shorter distances.
- 4) At least one SAG wagon will be on the course for every training session. Drop-offs and pickups can be made.
- 5) **Hawaii trip participants** are invited and welcome to attend all Grand Canyon training sessions that start January 15, 2010. [\[SCHEDULE\]](#)
- 6) No TEST runs/walks are required for the Honolulu Marathon. training program
- 7) These training sessions are excellent for the participants who wish to concentrate on the adventure runs and hikes in Hawaii.

Aloha!