



2010 Half Marathon Schedule

Date	Time	Lecture Topic	Workout Type	Place/Address	What to Bring
5/25/2010 Tues	6:15 PM	heart rate training proper run clothing	Threshold Assessment	Chase Park Track Lawrence/Ashland	Water bottle, cap, Wear running clothes Heart Rate Monitor
5/29/2010 Saturday	7:00 AM	nutrition	Long run	Totem Pole, Chicago Lakefront	Water bottle, cap, Wear running clothes Heart Rate Monitor
6/1/2010 Tues	6:15 PM	Athletco/injury prevention	3 mile assessment	Universal Sole run to Hamlin Park	Water bottle, cap, Wear running clothes Heart Rate Monitor
6/5/2010 Saturday	7:00 AM	nutrition hydration	Long run	Totem Pole, Chicago Lakefront	Water bottle, cap, Wear running clothes Heart Rate Monitor
6/8/2010 Tues	6:15 PM		Fartlek	Universal Sole	Water bottle, cap, Wear running clothes Heart Rate Monitor
6/12/2010 Saturday	7:00 AM	recovery & overtraining	Long run	Totem Pole, Chicago Lakefront	Water bottle, cap, Wear running clothes Heart Rate Monitor
6/15/2010 Tues	6:15 PM		Fartlek	Chase Park Track	Water bottle, cap, Wear running clothes Heart Rate Monitor
6/19/2010 Saturday	7:00 AM	mental fortitude motivation	Long run	Totem Pole, Chicago Lakefront	
6/22/2010 Tues	6:15 PM	hill technique	Hill repeats or Stair repeats	Montrose Hill-Cricket Hill	Water bottle, cap, Wear running clothes Heart Rate Monitor
6/26/2010 Saturday	7:00 AM	nutrition	Long run	Totem Pole, Chicago Lakefront	Water bottle, cap, Wear running clothes Heart Rate Monitor
6/29/2010 Tues	6:15 PM	run technique	steady state running	Universal Sole	Water bottle, cap, Wear running clothes Heart Rate Monitor
7/3/2010 Saturday	7:00 AM		Long run	ON OWN, Happy 4th of July weekend	Water bottle, cap, Wear running clothes Heart Rate Monitor
7/6/2010 Tues	6:15 PM		steady state running	Universal Sole	Water bottle, cap, Wear running clothes Heart Rate Monitor
7/10/2010 Saturday	7:00 AM	Visualization Mental tips	Long run	Totem Pole, Chicago Lakefront	Water bottle, cap, Wear running clothes Heart Rate Monitor
7/13/2010 Tues	6:15 PM		steady state running	Universal Sole	Water bottle, cap, Wear running clothes Heart Rate Monitor
7/17/2010 Saturday	7:00 AM		Long run	Totem Pole, Chicago Lakefront	
7/20/2010 Tues	6:15 PM		steady state running	Universal Sole	Water bottle, cap, Wear running clothes Heart Rate Monitor
7/24/2010 Saturday	7:00 AM	Tapering	Long run	Totem Pole, Chicago Lakefront	
7/27/2010 Tues	6:15 PM	Race prep	Pre-race taper run	Chase Park Track	Water bottle, cap, Wear running clothes Heart Rate Monitor
8/1/2010 Sun			RACE	RACE! Good luck everyone!	