



2010 Half Marathon Spring Schedule

Date	Time	Lecture Topic	Workout Type	Place/Address	What to Bring
3/9/2010 Tues	6:30 PM	heart rate training proper run clothing	Threshold Assessment	Meet outside Starbuck Lincoln Square Wilson Ave and Lincoln Ave	Water bottle, cap, Wear running clothes Heart Rate Monitor
3/14/2010 Sunday	8:30 AM	nutrition	Long run	Totem Pole, Chicago Lakefront	Water bottle, cap, Wear running clothes Heart Rate Monitor
3/16/2010 Tues	6:15 PM	compression socks chafing	3 mile assessment	Element Multisport 2754 N Clybourn Ave Suite B-5 / Chicago, IL 60614	Water bottle, cap, Wear running clothes Heart Rate Monitor
3/21/2010 Sunday	8:30 AM	nutrition hydration	Long run	Totem Pole, Chicago Lakefront	Water bottle, cap, Wear running clothes Heart Rate Monitor
3/23/2010 Tues	6:30 PM	stretching/flexibility	Fartlek	Element Multisport 2754 N Clybourn Ave Suite B-5 / Chicago, IL 60614	Water bottle, cap, Wear running clothes Heart Rate Monitor
3/28/2010 Sunday	8:30 AM	recovery & overtraining	Long run	Totem Pole, Chicago Lakefront	Water bottle, cap, Wear running clothes Heart Rate Monitor
3/30/2010 Tues	6:30 PM	core strength training for runners	Fartlek	Element Multisport 2754 N Clybourn Ave Suite B-5 / Chicago, IL 60614	Water bottle, cap, Wear running clothes Heart Rate Monitor
4/4/2010 Sun	8:30 AM	mental fortitude motivation	Long run	Totem Pole, Chicago Lakefront	
4/6/2010 Tues	6:30 PM	hill technique	Hill repeats or Stair repeats	Oz Park- Meet at Element	Water bottle, cap, Wear running clothes Heart Rate Monitor
4/11/2010 Sun	8:30 AM	nutrition	Long run	Totem Pole, Chicago Lakefront	Water bottle, cap, Wear running clothes Heart Rate Monitor
4/13/2010 Tues	6:30 PM	run technique	steady state running	Meet outside Starbucks Lincoln Square Wilson Ave and Lincoln Ave	Water bottle, cap, Wear running clothes Heart Rate Monitor
4/18/2010 Sun	8:30 AM		Long run	Totem Pole, Chicago Lakefront	Water bottle, cap, Wear running clothes Heart Rate Monitor
4/20/2010 Tues	6:30 PM		steady state running	Element Multisport 2754 N. Clybourn Ave Suite B-5/Chicago, IL 60614	Water bottle, cap, Wear running clothes Heart Rate Monitor
4/25/2010 Sun	8:30 AM	Visualization Mental tips	Long run	Totem Pole, Chicago Lakefront	Water bottle, cap, Wear running clothes Heart Rate Monitor
4/27/2010 Tues	6:30 PM		steady state running	Meet outside Starbucks Lincoln Square Wilson Ave and Lincoln Ave	Water bottle, cap, Wear running clothes Heart Rate Monitor
5/2/2010 Sun	8:30 AM		Long run	Totem Pole, Chicago Lakefront	
5/4/2010 Tues	6:30 PM		steady state running	Element Multisport 2754 N Clybourn Ave Suite B-5 / Chicago, IL 60614	Water bottle, cap, Wear running clothes Heart Rate Monitor
5/9/2010 Sun	8:30 AM	Tapering	Long run	Totem Pole, Chicago Lakefront	
5/11/2010 Tues	6:30 PM	Race prep	Pre-race taper run	Element Multisport 2754 N Clybourn Ave Suite B-5 / Chicago, IL 60614	Water bottle, cap, Wear running clothes Heart Rate Monitor
5/16/2010 Sun			RACE	RACE! Good luck everyone!	