

A RUNNING EXPERIENCE CLUB

2011-2012 Trail Running Schedule

1/2 marathon training mileage is the upper # on Sat., full marathon mileage is the lower # on Sat.

Date	Place	Saturday	Sun.	Mon.	Tue.	Wed. - AREC	Thu.	Fri.
Nov 5, 2011	Cancelled :(5 miles 8 miles	30 minutes easy	Rest	Run 4-6 miles	5 mile run @ 90% of 10K pace	Run 4-6 miles	Rest
Nov 12, 2011	El Moro/Ridge Park	6 miles 9 miles	30 minutes easy	Rest	Run 4-6 miles	5 mile run @ 90% of 10K pace	Run 4-6 miles	Rest
Nov 19, 2011	Whiting Ranch	6 miles 9.5 miles	30 minutes easy	Rest	Run 4-6 miles	5 mile run @ 90% of 10K pace	Run 4-6 miles	Rest
Race Option Nov 24, 2011	Xterra Topanga Turkey Trot	5K/10K/15K						
Nov 26, 2011	O'Neil (via Glenn Ranch)	7 miles 10 miles	30 minutes easy	Rest	Run 4-6 miles	5 mile run @ 90% of 10K pace	Run 4-6 miles	Rest
Dec 3, 2011	Santiago Oak	8 miles 12 miles	30 minutes easy	Rest	Run 4-6 miles	5 mile run @ 90% of 10K pace	Run 4-6 miles	Rest
Dec 10, 2011	Aliso Wood Canyon	8 miles 12 miles	30 minutes easy	Rest	Run 4-6 miles	5 mile run @ 90% of 10K pace	Run 4-6 miles	Rest
Dec 17, 2011	Whittier Hills	10 miles 13 miles	30 minutes easy	Rest	Run 4-6 miles	5 mile run @ 90% of 10K pace	Run 4-6 miles	Rest
Dec 24, 2011	El Moro/Ridge Park	8 miles 12 miles	30 minutes easy	Rest	Run 4-6 miles	5 mile run @ 90% of 10K pace	Run 4-6 miles	Rest
Dec 31, 2011	Chino/Carbon Canyon	11 miles 14 miles	30 minutes easy	Rest	Run 4-6 miles	5 mile run @ 90% of 10K pace	Run 4-6 miles	Rest
Jan 7, 2012	Caspers	12 miles 15 miles	30 minutes easy	Rest	Run 4-6 miles	5 mile run @ 90% of 10K pace	Run 4-6 miles	Rest
Race Option Jan 8, 2012	Xterra Boney Mountain	6K 21K						
Jan 14, 2012	El Moro or Holy Jim	8 miles 16 miles	30 minutes easy	Rest	Run 4-6 miles	5 mile run @ 90% of 10K pace	Run 4-6 miles	Rest
Jan 21, 2012	Whittier	8 miles 12 miles	30 minutes easy	Rest	Run 4-6 miles	5 mile run @ 90% of 10K pace	Run 4-6 miles	Rest
Jan 28, 2012	LCWP/Nix Nature Center	8 miles 12 miles	30 minutes easy	Rest	Run 4-6 miles	5 mile run @ 90% of 10K pace	Run 4-6 miles	Rest

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2011-2012 Trail Running Schedule (continued)

1/2 marathon training mileage is the upper # on Sat., full marathon mileage is the lower # on Sat.

Date	Place	Saturday	Sun.	Mon.	Tue.	Wed. - AREC	Thu.	Fri.
Feb 4, 2012	El Moro/LCWP/Aliso (Ridge Park)	10 miles 18 miles	30 minutes easy	Rest	Run 4-6 miles	5 mile run @ 90% of 10K pace	Run 4-6 miles	Rest
Feb 11, 2012	Chino/Carbon Canyon	8 miles 18 miles	30 minutes easy	Rest	Run 4-6 miles	5 mile run @ 90% of 10K pace	Run 4-6 miles	Rest
Feb 18, 2012	El Moro or San Juan Trail	8 miles 20 miles	30 minutes easy	Rest	Run 4-6 miles	5 mile run @ 90% of 10K pace	Run 4-6 miles	Rest
Feb 25, 2012	Marshall Canyon	12 miles	Rest	20-30 minutes easy	Rest	30-45 minutes easy	Rest	30-45 mins. easy
Mar 3, 2012	Peter's Canyon	8 miles	Rest	30 minutes easy	30 minutes easy	30 minutes easy	Rest	Rest
Mar 10, 2012	Catalina Island	Catalina Marathon	Rest	20-30 minutes easy	Rest	30 minutes easy	Rest	Rest
	El Moro Canyon	8 miles 12 miles						
Mar 17, 2012	To Be Determined	9 miles	Rest	30-45 minutes easy	Run 4-6 miles	30-45 minutes easy	Run 4-6 miles	Rest
Mar 24, 2012	To Be Determined	8 miles 12 miles	30 minutes easy	Rest	Run 4-6 miles	5 mile run @ 90% of 10K pace	Run 4-6 miles	Rest
Mar 31, 2012	To Be Determined	To Be Determined	30 minutes easy	Rest	Run 4-6 miles	5 mile run @ 90% of 10K pace	Run 4-6 miles	Rest
Apr 7, 2012	To Be Determined	To Be Determined	30 minutes easy	Rest	Run 4-6 miles	5 mile run @ 90% of 10K pace	Run 4-6 miles	Rest
Apr 14, 2012	To Be Determined	To Be Determined	30 minutes easy	Rest	Run 4-6 miles	5 mile run @ 90% of 10K pace	Run 4-6 miles	Rest
Race Option Apr 14, 2012	Big Baz Races Blue Jay Campground	50K						
Race Option Apr 21, 2012	Pacific Coast Trail Runs	8K/18K/30K/50K	30 minutes easy	Rest	Run 4-6 miles	5 mile run @ 90% of 10K pace	Run 4-6 miles	Rest

A shorter 5-6 mile option will be available at every trail run!! Rain out options are Palo Verde (Malaga Cove) and the Fullerton Loop.



Trail Race Dates of Note

XTERRA SoCal Race Series (www.trailrace.com) - Dates subject to change due to inclement weather!

Nov. 24, 2011 – Topanga Turkey Trot 15k / 10k / 5k

Dec. 11, 2011 – Crystal Cove 17k / 5k

Jan. 8, 2012 – Boney Mountain ½ Marathon / 5k

Feb. 5, 2012 – Mission Gorge 15k / 5k

March 2012 – Black Mountain 15k / 5k

April 2012 – Malibu Creek 22k / 6k

Catalina Island Races (www.spectrumsports.net)

Nov. 12, 2011 – Catalina Island Eco Marathon / 10k

Jan. 14, 2012 – Avalon Benefit 50 Mile Run

Mar. 10, 2012 – Catalina Island Conservancy Marathon / 10k / 5k

Sept. 29, 2012 – Catalina Island Conservancy ½ Marathon / 5k