

San Diego Area Track and Field Winter Training Program 2012 - 2013

All Saturday runs begin at 8:00 a.m. (unless otherwise specified)
Saturday runs will be 45-90 minutes of easy-moderate aerobic running.

Date	Location	Directions
Sat Dec 8	Morley Field ¹	I-8 > Texas Street South to Morley
Sat Dec 15	Mission Bay – Runner’s Bathroom	East MB Drive south of Visitor’s Center
Sat Dec 22	Penasquitos Canyon East End Rain option: Belmont Park	*Note Change in Meeting Location Black Mtn. Open Space Park – Black Mtn. Road
Sat Dec 29	Mission Bay – Runner’s Bathroom	East MB Drive south of Visitor’s Center
Sat Jan 5	Blue Sky Preserve – Poway (Start @ Valle Verde Park) I-15 N > Rancho Bernardo Road > Turns into Espola > Corner of Valle Verde	
Sat Jan 12	San Elijo Lagoon (Solana Beach Train Station)	I-5 > Lomas Santa Fe
Sat Jan 19	Kit Carson Park/Lake Hodges Escondido	I-15 N > Via Rancho Pkwy
Sat Jan 26	San Elijo Lagoon (Solana Beach Train Station)	I-5 > Lomas Santa Fe
Sat Feb 2	Penasquitos Canyon East End Rain option: Belmont Park	*Note Change in Meeting Location Black Mtn. Open Space Park – Black Mtn. Road
Sat Feb 9	Blue Sky Preserve – Poway (Start @ Valle Verde Park) I-15 N > Rancho Bernardo Road > Turns into Espola > Corner of Valle Verde	
Sat Feb 16	Mission Bay - Runner’s Bathroom	East MB Drive south of the Visitor Center

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¹ Prior to the start of the Foot Locker Championship Meet. Girls run at 9:15 a.m., boys at 10:00 a.m.