

San Diego High Schools Track and Field Winter Training Program – 2009

**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 13	Morley Field ¹	I-8 > Texas Street South to Morley
Sat Dec 20	Mission Bay – Runner’s Bathroom	East MB Drive south of Visitor’s Center
Sat Dec 27	Penasquitos Canyon West End	Sorrento Valley Road
Sat Jan 3	Mission Bay – Runner’s Bathroom	East MB Drive south of Visitor’s Center
Sat Jan 10	Blue Sky Preserve – Poway (Start @ Valle Verde Park) I-15 N > Rancho Bernardo Road > Turns into Espola > Corner of Valle Verde	
Sat Jan 17	San Elijo Lagoon (Solana Beach Train Station)	I-5 > Lomas Santa Fe
Sat Jan 24	Penasquitos Canyon West End	Sorrento Valley Road
Sun Jan 25	Carlsbad _ Marathon	Carlsbad
Sat Jan 31	Super Bowl 10K/ Mission Bay - Runner’s Bathroom	East MB Drive south of the Visitor Center
Sat Feb 7	San Elijo Lagoon (Solana Beach Train Station)	I-5 > Lomas Santa Fe
Sat Feb 14	Blue Sky Preserve – Poway (Start @ Valle Verde Park) I-15 N > Rancho Bernardo Road > Turns into Espola > Corner of Valle Verde	

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¹ Prior to the Foot Locker Championship Meet