

November

<i>Sun</i>	<i>Mon</i>	<i>Tue</i>	<i>Wed</i>	<i>Thu</i>	<i>Fri</i>	<i>Sat</i>
1	2	3	4	5	6	7
8	9	10	11	12	13	14
15	16	17	18	19	20	21
22	23	24	25	26	27	28 Weekend Training Session #1 Time: 4:00pm-5:15pm
29	30 Weekday Training Session #1 Time: 7:00pm-8:15pm					

2009

December

<i>Sun</i>	<i>Mon</i>	<i>Tue</i>	<i>Wed</i>	<i>Thu</i>	<i>Fri</i>	<i>Sat</i>
		1	2	3	4	5
6	7	8	9 Weekday Training Session #2 Time: 7:00pm-8:15pm	10	11	12 How To Prepare Your First 10k Race Time: 2:00pm-3:30pm The Pre-Race Preparation Time: 3:30pm-5:00pm Weekend Training Session #2 Time: 4:00pm-5:15pm
13	14 Weekday Training Session #3 Time: 7:00pm-8:15pm	15	16	17 Understanding Your Heart Rate To Improve Training Time: 7:00pm-8:30pm	18	19 Weekend Training Session #3 Time: 4:00pm-5:15pm
20	21 Weekday Training Session #4 Time: 7:00pm-8:15pm	22	23	24	25	26
27	28	29	30	31		

2009

January

<i>Sun</i>	<i>Mon</i>	<i>Tue</i>	<i>Wed</i>	<i>Thu</i>	<i>Fri</i>	<i>Sat</i>
					1	2 Weekend Training Session #4 Time: 4:00pm-5:15pm
3	4 Weekday Training Session #5 Time: 7:00pm-8:15pm	5	6	7	8	9 Weekend Training Session #5 Time: 4:00pm-5:15pm
10	11 Weekday Training Session #6 Time: 7:00pm-8:15pm	12	13	14 [NEW] Sharing of Marathon Running Tips & How to Select your Right Running Gear for a FIT Run Time: 7:00pm-8:00pm	15	16 Weekend Training Session #6 Time: 4:00pm-5:15pm
17	18 Weekday Training Session #7 Time: 7:00pm-8:15pm	19	20	21	22 Nutrition and Hydration Strategies For Running Time: 7:00pm-8:30pm	23 Weekend Training Session #7 Time: 4:00pm-5:15pm
24	25 Weekday Training Session #8 Time: 7:00pm-8:15pm	26	27	28	29	30 Weekend Training Session #8 Time: 4:00pm-5:15pm
31						

2010

February

<i>Sun</i>	<i>Mon</i>	<i>Tue</i>	<i>Wed</i>	<i>Thu</i>	<i>Fri</i>	<i>Sat</i>
	1 Weekday Training Session #9 Time: 7:00pm-8:15pm	2	3	4	5	6 Weekend Training Session #9 Time: 4:00pm-5:15pm
7	8	9	10	11	12	13
14	15	16	17	18	19	20 Weekend Training Session #10 Time: 4:00pm-5:15pm
21	22 Weekday Training Session #10 Time: 7:00pm-8:15pm	23	24	25	26	27
28						

2010

Weekday Training Session (Mondays)

Dates: Every Monday from Nov 30, 2009 to Feb 22, 2010
and Wednesday, Dec 9, 2009
** No classes on Dec 7 & 28, 2009 and Feb 8 & 15, 2010*

- November 2009: 30
- December 2009: 9, 14, 21
- January 2010: 4, 11, 18, 25
- February 2010: 1, 22

Time: 7:00 pm to 8:15 pm

Fee: \$150 for 10 sessions (Special offer and priority to HKU Marathon Team)
** \$500 for 10 sessions for Non-HKU Marathon Team (if quota is remaining)*

Venue: Stanley Ho Sports Centre, The University of Hong Kong
[HKU Map - www.hku.hk/maps]

Target:	Runners at all levels
Coaches:	Kevin Clark Kevin is a professional triathlon coach, former Scottish national team triathlete, and past Standard Chartered Marathon 10km Champion. Other coaches: Kevin will be assisted by other professional coaches to support the training if participant numbers require.
Registration:	* Limited places will be available on a first-come, first-served basis. * Special Log Book will be issued to successful registrants.
Quota:	80

Weekend Training Session (Saturdays)

Dates: Every Saturday from Nov 28, 2009 to Feb 20, 2010
 * No classes on Dec 5 & 26, 2009 & Feb 13, 2010

- November 2009: 28
- December 2009: 12, 19
- January 2010: 2, 9, 16, 23, 30
- February 2010: 6, 20

Time: 4:00 pm to 5:15 pm

Fee: \$150 for 10 sessions (Special offer and priority to HKU Marathon Team)
 * \$500 for 10 sessions for Non-HKU Marathon Team (if quota is remaining)

Venue: The soccer field located inside the Happy Valley Racecourse
 * Gathering point: please refer to the map below
www.marathon.hku.hk/Map/Map_HappyValley.pdf

Target:	Runners at all levels
Coaches:	<p>Lee Kar Lun 李嘉綸 (www.hkrunningcamp.com) Lee Kar Lun is an experienced coach and runner and is a coach of The University of Hong Kong athletics team.</p> <p>由1986年開始李嘉綸曾多次代表香港參加多國際賽事，在1993年被選為香港最佳田徑運動員，是香港半程馬拉松的紀錄保持者：（1小時13分49秒），1990年在澳門馬拉松創出了個人最佳紀錄2小時27分3秒。而且曾經在8次馬拉松賽事中造出2小時30分以下的佳績。</p> <p>在十公里做出的31分55秒因當年未有紀錄制度所以未被認可為公開紀錄。另外在海外代表香港參予的賽事有：</p> <ul style="list-style-type: none"> · 世界盃馬拉松賽 · 世界馬拉松公路接力賽 · 亞洲馬拉松錦標賽 · 世界半程馬拉松錦標賽 · 國際半程馬拉松賽 · 世界越野錦標賽 · 亞洲越野錦標賽 · 北京亞洲運動會 · 全中國運動會 · 多個國際馬拉松賽 <p>Other coaches: Mr. Lee will be assisted by other professional coaches to support the training if participant numbers require.</p>
Registration:	<p>* Limited places will be available on a first-come, first-served basis. * Special Log Book will be issued to successful registrants.</p>
Quota:	80

Seminar For Beginners - How To Prepare Your First 10k Race

Date: December 12, 2009 (Saturday)

Time: 2:00 pm to 3:30 pm

Venue: K223, Knowles Building, The University of Hong Kong
 [HKU Map - www.hku.hk/maps]

Target:	Novice to running and targeted to finish the race
Topics:	The following will be covered: i. The bare necessities of training and preparing for your first race ii. Guidelines for training progressively iii. Proper conditioning programme to prevent injury iv. How to select the right gear for your training and racing
Instructor:	Kenneth Liang Health and Fitness Officer, Institute of Human Performance, HKU Kenneth Liang is an ACSM Certified Health and Fitness Specialist, ACSM, Certified Clinical Exercise Specialist and Hong Kong Coach Accreditation Programme level 3 running coach.
Quota:	100

Seminar For Intermediate / Advanced Runners - The Pre-Race Preparation

Date: December 12, 2009 (Saturday)

Time: 3:30 pm to 5:00 pm

Venue: K223, Knowles Building, The University of Hong Kong
 [HKU Map - www.hku.hk/maps]

Target:	Intermediate and advance runners
Topics:	<ul style="list-style-type: none"> i. Proper blending of all essential training ingredients required to enhance running performance ii. More in depth discussion about the physiological and technical components of training
Instructor:	<p>Kenneth Liang Health and Fitness Officer, Institute of Human Performance, HKU</p> <p>Kenneth Liang is an ACSM Certified Health and Fitness Specialist, ACSM, Certified Clinical Exercise Specialist and Hong Kong Coach Accreditation Programme level 3 running coach.</p>
Quota:	100

Seminar - Understanding Your Heart Rate To Improve Training

Date: December 17, 2009 (Thursday)

Time: 7:00 pm to 8:30 pm

Venue: Multi-purpose Room, 2/F, Henry Fok Health & Fitness Complex & Running Track, Stanley Ho Sports Centre, The University of Hong Kong
 [HKU Map - www.hku.hk/maps]

Target:	Beginner and intermediate runners, or those interested in training effectively.
Description:	Heart rate training makes use of the fact that the demand for oxygen rises with exercise intensity. Heart rate is easy to monitor and offers a practical measure for assessing exercise intensity.
Topics:	<ul style="list-style-type: none"> i. Heart rate ii. Methods for measuring training intensity with heart rate iii. Theoretical lactate threshold iv. Practical running session to determine training intensity
Instructor:	<p>Glen Matthew Joe Exercise Physiologist, Institute of Human Performance, HKU</p> <p>Glen, who holds a Masters degree in Sport and Exercise Science, is the Exercise Physiologist at the Active Health Clinic. Part of his role is to develop and run services provided by the AHC including health and wellness, sports performance and physical fitness.</p>
Quota:	80

Seminar presented by New Balance - Sharing of Marathon Running Tips and How to Select your Right Running Gear for a FIT Run [NEW]

Date: January 14, 2010 (Thursday)

Time: 7:00 pm to 8:00 pm

Venue: K726, Knowles Building, The University of Hong Kong
[HKU Map - www.hku.hk/maps]

Target:	Runners at all levels
Topics:	<ul style="list-style-type: none"> i. Sharing of Marathon Running Tips by Choi Tat-ming ii. How to select your right New Balance running gear
Guest Speakers:	<ul style="list-style-type: none"> • Choi Tat-ming (蔡達明) New Balance sponsored athlete; marathon representative of the Hong Kong Athletic Team and veteran of international marathons. • Representatives from New Balance
Quota:	220
Remarks:	<ul style="list-style-type: none"> • Gifts from new balance  will be given at the seminar. • The organiser reserves the right to change programme.

Seminar - Nutrition and Hydration Strategies For Running

Date: January 22, 2010 (Friday)

Time: 7:00 pm to 8:30 pm

Venue: T6, Meng Wah Complex, The University of Hong Kong
 [HKU Map - www.hku.hk/maps]

Target:	Beginner and intermediate runners, or those interested in sports nutrition
Description:	What we eat can have a huge impact on the energy required for prolonged physical activity. Not only is the type of food important but also the quantity, quality and timing of intake.
Topics:	iii. Nutrition basics iv. Pre race nutrition v. Race nutrition vi. Post race nutrition
Instructor:	Glen Matthew Joe Exercise Physiologist, Institute of Human Performance, HKU Glen, who holds a Masters degree in Sport and Exercise Science, is the Exercise Physiologist at the Active Health Clinic. Part of his role is to develop and run services provided by the AHC including health and wellness, sports performance and physical fitness.
Quota:	80