

Marathon Training

This year's Fleet Feet Sports San Antonio Marathon Training Group begins June 6th. [Click here](#) to download the registration form and get ready to Rock 'n' Roll marathon style.

The San Antonio Rock 'n' Roll Marathon is the focus of the Fleet Feet Sports marathon training program. Running Rock 'n' Roll Marathon, or another fall/winter marathon, requires a precise, structured program for participants to reach their goals.

In years past, all members of the training group were guaranteed a spot in the Rock 'n' Roll San Antonio Marathon until September 1st.

The Annual Fleet Feet San Antonio Marathon Training Group is a proven, 22-week, precise program - designed for everyone, whether you are a beginner or an accomplished marathon runner.

When you sign up for the Marathon Training Group and have exclusive access to training schedules for:

• Chicago Marathon • New York Marathon • San Antonio Rock 'n' Roll Marathon • San Antonio Rock 'n' Roll Half Marathon

Each Sunday, our long run meets at Fleet Feet San Antonio at 7:00 AM (the time changes to 6:00 AM in the heat of summer). We have a marked course and aid stations. We also have group runs on Tuesday and Thursday at 6:00 AM beginning at Fleet Feet Sports. During training, we will offer aid stations every 2-2.5 miles with filtered water and HEED (fluid replacement drink). Run safe, build your confidence slowly, use the advice of our featured speakers and coaches, and increase your chances of reaching your distance goals. This year's coaches include: Darrel Morrison, Carroll Voss, Helen Henrichs, Larry Davis and Ruben Rodriguez. All interested runners should have a minimum base of 12-15 miles per week before starting the program. Check with us at Fleet Feet San Antonio for tips on reaching that minimum by participating in a pre-program group.

A long sleeve technical shirt, end of program breakfast banquet and Hammer Nutrition products come with the course and its \$125.00 registration fee (\$115.61 plus sales tax). [Click here](#) to download the registration form and get ready to Rock 'n' Roll marathon style.