

Half 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 Half Marathon is a great opportunity for beginning runners or those who feel they are not quite up to a full marathon.

Even running a half marathon without proper training can be more difficult than it needs to be, and can expose you to injuries. The Annual Fleet Feet San Antonio Half Marathon Training Group is a proven, 22-week, precise program - designed for everyone, whether you are a beginner or an accomplished runner. This program is designed specifically for the half marathoner.

Each Sunday, our long run meets at Fleet Feet San Antonio at 7:00 AM (the time shifts to 6:00 AM in the heat of the day). 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 (our official hydration 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.

A technical shirt, graduation breakfast banquet and even more goodies come with the course and its \$125.00 registration fee (\$115.61 plus sales tax). All training group members are guaranteed a spot in the race up to September 1st.

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