



MARATHON HIGH LONG RUN SCHEDULE

Details:

- Long start and finish at Rogue Running 410 Pressler Street Austin, TX 78703
- Long runs start promptly at 9am. Please arrive 5-10 minutes before to get checked in. Students that arrive past 9am will not be able to run, as we cannot guarantee safety outside of our group.
- Long runs are primarily held on the Lady Bird Lake Hike and Bike Trail
- We will run in the heat, the rain and the cold. We will not run if there is thunder and lightning. Updates for the long run can be seen on our [Facebook](#) and [Twitter](#) page.
- Marathon High provides water and adult supervision on the course.
- Please do not bring extra gear or bags as Marathon High cannot assume responsibility for these and there is no safe to put them during the run.
- Parents, family members and siblings are welcome to run with their Marathon High student.
- Our long runs increase in mileage throughout our season

October 3rd First Long run

October 10th Long run

October 17th Long run

October 24th Long Run

*October 31st No long run due to Run for the Water 5k Race on Sunday, November 1st

November 14th Long run

November 21st Long run

*November 25th - 28th No Marathon High practices, schools on holiday

*December 5th No long run due to Decker Half Marathon race on Sunday, December 6th

December 12th Long run

*December 19th - January 4th No Marathon High practices, schools on holiday

*January 9th No long run due to Rogue Distance Festival Race on Sunday, January 10th

January 16th Long run

January 23rd Long Run

January 30th Long run

February 6th Long run

*February 13th No long run due to Austin Marathon and Half Marathon on Sunday, February 14th

February 21st Final long run