

adidas SCHKM Preparation Workshop Timetable

FRI	SAT	SUN
Oct 20	Oct 21	Oct 22
19:30 - 20:30 @ adidas Hankow Road Half Marathon Training Plan Preparation Workshop by Yat Hung	14:00 - 15:00 @ adidas Hankow Road Full Body Stretching for Runners by Cici	14:00 - 15:00 @ adidas Hankow Road Full Marathon Training Plan Preparation Workshop by Bun
	15:15 - 16:15 @ adidas Hankow Road Strength Training For Runners by Lawrence	15:15 - 16:15 @ adidas Hankow Road 10KM Race Training Plan Preparation Workshop by Wa Chun
Oct 27	Oct 28	Oct 29
19:30 - 20:30 @ adidas Hankow Road Full Marathon Training Plan Preparation Workshop by Kanok	14:00 - 15:00 @ adidas Hankow Road Full Body Stretching for Runners by Cici	14:00 - 15:00 @ adidas Hankow Road Half Marathon Training Plan Preparation Workshop by Kanok
	15:15 - 16:15 @ adidas Hankow Road Strength Training For Runners by Lawrence	15:15 - 16:15 @ adidas Hankow Road 10KM Race Training Plan Preparation Workshop by Wa Chun
Nov 03	Nov 04	Nov 05
19:30 - 20:30 @ adidas Hankow Road Strength Training For Runners by Lawrence	14:00 - 15:00 @ adidas Hankow Road Full Body Stretching for Runners by Cici	14:00 - 15:00 @ adidas Hankow Road Half Marathon Route Analysis and Tips by Kanok
	15:15 - 16:15 @ adidas Hankow Road Essential Nutritional Supplements Workshop for Runners by Melissa	15:15 - 16:15 @ adidas Hankow Road Sharing from Champion Runner by Virginia
	16:30-18:00 @ Tai Po Sportsground Tempo Run - Half Marathon by Phoebe	
	16:30-18:00 @ Tai Po Sportsground Interval Training - 10KM by Wai Lung	
Nov 10	Nov 11	Nov 12
19:30 - 20:30 @ adidas Hankow Road Strength Training For Runners by Water	14:00 - 15:00 @ adidas Hankow Road Full Body Stretching for Runners by Cici	14:00 - 15:00 @ adidas Hankow Road Injury Prevention for Runners by Chloe
	15:15 - 16:15 @ adidas Hankow Road Diet Tips for Long Distance Runners by Ga	15:15 - 16:15 @ adidas Hankow Road Full Marathon Route Analysis and Tips by Ngai Kang
	16:30 - 18:00 @ Happy Valley Sports Ground Interval Training - Full Marathon by Bun	
	16:30 - 18:00 @ Happy Valley Sports Ground Tempo Run - Full Marathon by Ngai Kang	
Nov 17	Nov 18	Nov 19
19:30 - 20:30 @ adidas Hankow Road Strength Training for Runners by Water	14:00 - 15:00 @ adidas Hankow Road Nutritional Supplement Workshop for Runners by Melissa	14:00 - 15:00 @ adidas Hankow Road Sports Taping Workshop for Runners by Chloe
	15:15 - 16:15 @ adidas Hankow Road Sports Taping Workshop for Runners by Horlick	15:15 - 16:15 @ adidas Hankow Road 10KM Route Analysis and Tips by Wa Chun
	16:30 - 18:00 @ Kowloon Bay Sportsground Interval & Strength Training - Full Marathon by Kai Lok	
	16:30 - 18:00 @ Kowloon Bay Sportsground Interval Heart-rate Training - Half Marathon by Yat Hung	
Nov 24	Nov 25	Nov 26
	14:00 - 15:00 @ adidas Hankow Road Post Run Stretching by Cici	14:00 - 15:00 @ adidas Hankow Road Race Diet Planning by Ga
	15:15 - 16:15 @ adidas Hankow Road Post Race Massage for Runners by Horlick	15:15 - 16:15 @ adidas Hankow Road Sharing from Champion Runner by Kai Lok
	16:30 - 18:00 @ Happy Valley Sports Ground Race Pace Training - 10KM by Virginia	
	16:30 - 18:00 @ Happy Valley Sports Ground Slope Training - Half Marathon by Kanok	