

SAN DIEGO ACTIVE

Log in a Workout

Places to do specific training workouts, like speedwork, hill repeats, and tempo runs.

1. SILVER STRAND - 5.5 MILES * EASY

Highway 75 in Coronado (the 5.5 miles is one way, from the Hotel Del to the end of the Cays).

This completely straight and flat path has mile markers along the way, making it perfect for speed intervals or tempo runs. In fact, you'll need to be doing some kind of speedwork to break up the monotony. Of course, time it right and you'll get to run with a pack of Navy SEALs.

2. BANKER HILL HILLS - 0.5 MILES * MODERATE

Sixth Avenue between Elm and Laurel Streets, next to Balboa Park.

Really, any big hill is good for a hill workout, but this one prepares you specifically for the heartbreaker at the end of the America's Finest City Half Marathon. This route doesn't pass any intersections, so there's nothing to break your stride, and it can be incorporated into a longer run in the park.

3. PLNU TRACK - 0.25 MILES/LAP * EASY

Follow the Peppertree Lane loop to the southeast side of campus.

This is probably San Diego's most accessible running track for those who don't belong to a gym. UC San Diego, Balboa Stadium, and San Diego State also have tracks, as do some other high schools, but there you are more likely to run into scheduling conflicts or just be kicked off the track by intramural teams and campus events. (Tip: this Christian university prefers that you wear modest workout attire.)

4. FIESTA ISLAND - 4 MILES * EASY

Off East Mission Bay Drive in Mission Bay.

Totally flat and generally away from traffic and pedestrians, the Fiesta Island track is perfect for a solid tempo run. Although the island itself is fairly desolate, there are boats in the bay or dogs in the dog park to provide distraction if you need it. But if you're doing a tempo run, you shouldn't be distracted. So get in your groove and go.