



## San Diego's Official Fitness Bucket List



San Diego is a hotbed of health and fitness. From acai bowl joints and [yoga studios](#) on every corner to a yearlong calendar of races made possible by endless summer weather to [scenic biking](#) and [hiking trails](#), SD is the place to be to live your best (well, in this case, your healthiest) life.

So, where do you even begin with the amount of sweat options in town? Lucky for you, we compiled the finest fitness activities in San Diego. This is your San Diego Fitness Bucket List.

### Finish the San Diego Rock 'n' Roll Marathon

San Diego is the OG of the popular [Rock 'n' Roll series](#) — and every year, over 30,000 [runners](#) and [walkers](#) come out to the streets of central San Diego to celebrate the birthplace of RnR. We're pretty much a big deal.

### Compete in the Mission Bay Triathlon

San Diego isn't just the birthplace of the Rock 'n' Roll series, it's also the birthplace of the modern triathlon. The OG tri? [The Mission Bay Triathlon](#) on Fiesta Island. Pick your poison: the tri offers both international and sprint distances.

### Hike Torrey Pines

**Torrey Pines** is the quintessential San Diego hiking spot — dusty trails along the cliffs that overlook the waves. There are about a dozen trails in this natural reserve just north of La Jolla, but our favorite leads to the beach for a mid-hike splash in the Pacific.

### **Golf at Torrey Pines**

While you're at the reserve, do your best impression of Jordan Spieth and take a few swings at **Torrey Pines Golf Course**, a coastal getaway on the cliffs for golfers. We won't tell if your ball heads into the ocean instead of on the green.

### **Earn Your Triple Crown**

Earn your spot among San Diego royalty by completing the **Triple Crown**: the Carlsbad Half Marathon, La Jolla Marathon, *and* the America's Finest City Half Marathon. Three half marathons in one year sounds daunting, but the races are spread across winter, spring, and summer (the coastal views don't hurt too!). Bragging rights: earned.

### **Hit the Bayshore Bikeway**

The Bayshore Bikeway leads cyclists through five cities with a beautiful view of the coastline. The 24-mile loop brings you across the San Diego Bay, along Silver Strand (and past the U.S. Naval Amphibious Base!), and back through Imperial Beach and Chula Vista into downtown San Diego. Fitt Tip: you'll need to pay for a ferry ride to complete the loop, but the view of the San Diego skyline is worth it!

### **Run the Train Run**

We sea you, **Train Run**. Take the Coaster from Solana Beach to Oceanside to knock out a 16-mile run along the picturesque Pacific Coast Highway. It doesn't get more San Diego than this challenging run.

### **Run the Navy's Bay Bridge Race**

Put a pause on your fear of heights for a day to take advantage of the one time during the year that you can cross the Coronado Bridge on foot. **The run/walk** offers views into Coronado's Naval base, Hotel Del, and the harbor that we just can't quite get to in a car.

### **Finish the Bike the Bay Ride**

Not a runner? Clip in for an annual ride along the Coronado Bridge (the only other time San Diegans can get across the bridge outside of a car!). **This 25-mile ride** starts and finishes at the Embarcadero and loops through Chula Vista and National City along the way.

### **Hike Mount Woodson**

**This hike** may be the most Instagrammed spot in San Diego, but this trail is no joke. The seven-mile round-trip hike is hilly and dry, but the views at the top of Poway and beyond are

worth it. Warning: you *will* wait in line for a photo at Potato Chip Rock... especially on the weekend!

### **Dress up for The Santa Run**

While San Diego may not ever get a white Christmas, we love to get festive. Hit the streets of Pacific Beach in a Santa suit for a [one-mile or 5K race](#) in a sea of Santas. We'll see you on Garnet Street for a celebratory seasonal eggnog after the race.

### **Complete the Mission Trails 5 Peak Challenge**

Lace up your hiking boots and hit Mission Trails for the [5 Peak Challenge](#). Summit Cowles Mountain, Pyles Peak, South Fortuna Mountain, North Fortuna Mountain, and Kwaay Paay to complete the challenge. Bonus points (and some sore legs!) if you hit all five in one day!

### **Hit up Core Sessions**

Sweat on San Diego streets during [Core Sessions](#). This downtown fitness fest shuts down the street with DJs, giveaways, food, and workouts ranging from HIIT bootcamps to yoga, all going down every 45 minutes. Working out has never felt so much like a party before. Sign us up.

### **Take a Twirl at Skating by the Sea**

Sweat it out while skating AND staring at the sea. Heading to Coronado for a [beachfront skate sesh](#) is one of our favorite December activities. Fitt Tip: head to the Hotel Del to catch sunset at the beginning of your skate; watch the hotel light up as you finish up your Michelle Kwan moves on the ice.

### **Bike it out at Padres Pedal for a Cause**

Cycling for cancer research is pretty awesome. Doing that in Petco Park? x100. This [two-day cycling challenge](#) has something for everyone: participants can ride their bikes, use a stationary bike, or use a virtual bike. There may not be hot dogs and beer, but we'll cycle it out for a good cause.

### **Stretch at One Love Annual Charity Yoga Event**

Find your inner warrior on the waterfront at the [One Love Annual Charity Yoga Event](#) with thousands of yogis. Stick around for live music and beer after your morning flow. Bonus: all proceeds go towards at-risk foster youth.

### **Race the Balboa Park 8-Miler**

Traditionalists, this one is for you. The [Balboa Park 8-Miler](#) is the oldest consecutively run race in the San Diego (63+ years!) — and quite possibly the prettiest. This race loops through San Diego's version of Central Park, offering views of gardens, architecture, and tree-lined trails.

### **Swim at the La Jolla Cove's Polar Plunge**

Dip into the new year with La Jolla Cove Swim Club's annual [Polar Plunge](#) in the cove. While the polar plunge isn't as icy in the San Diego weather, we love the traditional swimming event. Brrrr.

### **Hang Ten at Tourmaline Surf Park**

Would it really be a San Diego bucket list without any mention of surfing? We thought so. Beginners and longboarders flock to [Tourmaline Surf Park](#) in Pacific Beach to catch some waves in the gentle surf. Major key: this area is reserved for surfers, so no worries about running into unsuspecting swimmers while riding a wave in.