

2022 Hapalua Half-Marathon Training

WK #		Sunday AM (LSD or Race)	Tuesday PM (Hills)	Thursday PM (Tempo)
1	Date & Time: Meet At: Train At: Workout:		January 11; 7:00 p.m. Hapalua Training Orientation No Workout <i>Zoom Meeting w/Brian and Others</i>	January 13; 5:30 p.m. Your Choice Flat or gently rolling The Basics
2	Date & Time: Meet At: Train At: Workout:	January 16; 7:00 a.m. 16th Avenue Park Claudine, 13th, and Above Hills, Intervals, and Form	January 18; 5:30 p.m. Hills (Your Choice) Hills (Moderate Grade; Runnable) 4x5 Minutes (20 Mins Total)	January 20; 5:30 p.m. Your Interval Course Flat Interval Circuit/Loop 5 sets 2-min Intervals
3	Date & Time: Meet At: Train At: Workout:	January 23; 7:00 a.m. 16th Avenue Park Sierra Drive Hill Intervals (Relaxed)	January 25; 5:30 p.m. Hills (Your Choice) Hills (Moderate Grade; Runnable) 5x5 Minutes Up (25 Mins Total)	January 27; 5:30 p.m. Your Interval Course Flat Interval Circuit/Loop 6 sets 2-min Intervals
4	Date & Time: Meet At: Train At: Workout:	January 30; 7:00 a.m. Kapiolani Park Bandstand Diamond Head to Kahala Johnny Faerber 10K (Visualization Run)	February 1; 5:30 p.m. Hills (Your Choice) Hills (Moderate Grade; Runnable) 2x5 Minutes Up (10 Mins Total)	February 3; 5:30 p.m. Your Interval Course Flat Interval Circuit/Loop 2 sets 2-min Intervals
5	Date & Time: Meet At: Train At: Workout:	February 6; 6:15 a.m. Kapiolani Park Bandstand Diamond Head to Kahala Johnny Faerber 10K (2nd Half Faster)	February 8; 5:30 p.m. Hills (Your Choice) Flat or gently rolling Recovery Run 60 Minutes	February 10; 5:30 p.m. Your Interval Course Flat Interval Circuit/Loop 3 sets 3 mins.
6	Date & Time: Meet At: Train At: Workout:	February 13; 7:00 a.m. Magic Island Parking Lot Down Town Honolulu Town Loop of Hapalua Course & Potluck	February 15; 5:30 p.m. Hills (Your Choice) Hills (Moderate Grade; Runnable) 5x5 Minutes Up (25 Mins Total)	February 17; 5:30 p.m. Your Interval Course Flat Interval Circuit/Loop 3 sets 4 minute Intervals (24 min Total)
7	Date & Time: Meet At: Train At: Workout:	February 20; 7:00 a.m. Thomas Square Ala Moana Park King's Runner 10K Course	February 22; 5:30 p.m. Hills (Your Choice) Hills (Moderate Grade; Runnable) 6x5 Minutes Up (30 Mins Total)	February 24; 5:30 p.m. Your Interval Course Flat Interval Circuit/Loop 3 sets 5-min Intervals (30 mins Total)
8	Date & Time: Meet At: Train At: Workout:	February 27; 7:00 a.m. Rest Room in the Waikiki Shell Parking Lot Waikiki and back around Diamond Head Visualize Hapalua Course (2-2.5 Hrs)	March 1; 5:30 p.m. Hills (Your Choice) Hills (Moderate Grade; Runnable) 2x5 Minutes Up (10 Mins Total)	March 3; 5:30 p.m. Your Interval Course Flat Interval Circuit/Loop 1 set 5-Min Intervals (10 Mins Total)
9	Date & Time: Meet At: Train At: Workout:	March 6; Time TBA. Thomas Square Ala Moana Park King's Runner 10K (Faster than Faerber)	March 8; 5:30 p.m. Hills (Your Choice) Flat or gently rolling Recovery Run 60 Minutes	March 10; 5:30 p.m. Your Interval Course Flat Interval Circuit/Loop 2 sets 5-min Intervals (20 mins Total)
10	Date & Time: Meet At: Train At: Workout:	March 13; 6:30 a.m. Waikiki Shell Parking Lot Restroom Waikiki to Ala Moana on Hapalua Course 2-Hour Run	March 15; 5:30 pm Hills (Your Choice) Hills (Moderate Grade; Runnable) 6x5 Minutes Up (30 Mins Total)	March 17; 5:30 pm Your Interval Course Flat Interval Circuit/Loop 6x8 Minutes Intervals (48 Mins Total)
11	Date & Time: Meet At: Train At: Workout:	March 20; 6:30 a.m. Kapiolani Community College (DH) DH (clockwise) into Waikiki w/Monsarrat 2.5-Hour Run	March 22; 5:30 p.m. Hills (Your Choice) Hills (Moderate Grade; Runnable) 7x5 Minutes Up (35 Mins Total)	March 24; 5:30 pm Your Interval Course Flat Interval Circuit/Loop 5x8 Minutes Intervals (40 Mins Total)
12	Date & Time: Meet At: Train At: Workout:	March 27; 6:30 a.m. Waikiki Shell Parking Lot Restroom Hapalua Course through Town 2-Hour Run	March 29; 5:30 p.m. Hills (Your Choice) Hills (Moderate Grade; Runnable) 4x5 Minutes Up (20 Mins Total)	March 31; 5:30 pm Your Interval Course Flat Interval Circuit/Loop 4x5 Min Intervals (20 Mins Total)
13	Date & Time: Meet At: Train At: Workout:	April 3; 7:30 a.m. Magic Island Town Loop of Hapalua Course & Potluck 90-Minute Taper Run	April 5; 5:30 p.m. Hills (Your Choice) Flat or gently rolling 70 Min Taper Run	April 7; 5:30 pm Your Interval Course Flat Interval Circuit/Loop 60 Min Taper Run
14	Date & Time: Meet At: Train At: Workout:	April 10; 5:00 a.m. Waikiki Shell Parking Lot Restroom Waikiki, Town, and Diamond Head Hapalua Half-Marathon (13.1 Miles)		