

## 2024 Hapalua/Hibiscus Half-Marathon Training

	Wks	Particulars:	Monday	Wednesday	Saturday
Enrollment Period	1	<b>Date &amp; Time:</b> March 4; p.m. (Final King's Runner Session) <b>Meet At:</b> Zoom Audio Conference Call <b>Train At:</b> Debrief King's Runner 10K Race <b>Workout:</b> 60 Minute Recovery Workout (slow) <b>Details:</b> Post-race debrief session	March 4; p.m. (Final King's Runner Session)	March 6; 6 p.m. Zoom Audio Conference Call Information Meeting No Workout Meet the coach and fellow athletes	March 9; 7 a.m. Main Parking Lot in Kakaako Park The Hills Next to Parking Lot 60 Minute Jog Introduction to hills and team-building
	2	<b>Date &amp; Time:</b> March 11; 6:00 p.m. <b>Meet At:</b> Waikiki Shell Parking Lot (Bandstand) <b>Train At:</b> Waikiki End of Shell Parking Lot <b>Workout:</b> 70 Mins (Short Intervals) <b>Details:</b> Introduction to short intervals	March 11; 6:00 p.m. Waikiki Shell Parking Lot (Bandstand) Waikiki End of Shell Parking Lot 70 Mins (Short Intervals) Introduction to short intervals	March 13; 6:00 p.m. Waikiki Shell Parking Lot (Bandstand) Kalakaua Avenue near Bandstand 5x5 Minutes Tempo Intervals Introduction to long intervals	March 16; 7:00 a.m.. Waikiki Shell Parking Lot (Bandstand) Hapalua Course (out-&-back through town) 75-90 Minutes (at light exertion) Heat training on the Ala Wai.
	3	<b>Date &amp; Time:</b> March 18; 6:00 p.m. <b>Meet At:</b> Paki Ave. Restroom (Kapiolani Park) <b>Train At:</b> The Diamond Head Light House Hill <b>Workout:</b> 75-85 Minutes (20 minutes uphill) <b>Details:</b> Mastering the BC way of doing hills	March 18; 6:00 p.m. Paki Ave. Restroom (Kapiolani Park) The Diamond Head Light House Hill 75-85 Minutes (20 minutes uphill) Mastering the BC way of doing hills	March 20; 6:00 p.m. Paki Ave. Restroom (Kapiolani Park) Paki and Kalakaua Avenues 6x6 Minutes Tempo Intervals How to set up a long interval course	March 23; 7:00 a.m. Kapalono Field (12 Ave & Maunaloa) Diamond Head and Waikiki (finish on Monserrat) 105 Minute Workout Finish relaxed on the long Monsarrat hill
First Training Period	4	<b>Date &amp; Time:</b> March 25; 6:00 p.m. <b>Meet At:</b> Triangle Park (Diamond Head Rd) <b>Train At:</b> Diamond Head (KCC to Light House) <b>Workout:</b> 80-90 Minutes (20 minutes uphill) <b>Details:</b> First in-person workout	March 25; 6:00 p.m. Triangle Park (Diamond Head Rd) Diamond Head (KCC to Light House) 80-90 Minutes (20 minutes uphill) First in-person workout	March 27; 5:30 pm Zoom Audio Conference Call Your Location Choice 7x7 Minutes Tempo Intervals Testing your new interval course	March 30; 6:30 a.m. Palolo Valley District Park Maunalani Heights (out-and-back w/hills) 2 Hour Workout (heat acclimation) Longest workout of the training period
	5	<b>Date &amp; Time:</b> April 1; 6:00 p.m. <b>Meet At:</b> Waikiki Shell Parking Lot (Bandstand) <b>Train At:</b> Monsarrat Hill <b>Workout:</b> 75-80 Mins (20 minutes uphill) <b>Details:</b> In-person workout	April 1; 6:00 p.m. Waikiki Shell Parking Lot (Bandstand) Monsarrat Hill 75-80 Mins (20 minutes uphill) In-person workout	April 3; 5:30 pm Zoom Audio Conference Call Your Location Choice 5x5 Minutes Tempo Intervals Tapering the interval workout	April 6; 7:30 a.m. (Note Time). Magic Island (Ala Moana Park) Hapalua Town Loop (visualization/acclimation) 90 Minutes Taper Run Potluck brunch and planning session
	6	<b>Date &amp; Time:</b> April 8; 6:00 p.m. <b>Meet At:</b> Zoom Audio Conference Call <b>Train At:</b> Your Location Choice <b>Workout:</b> 75 Minute Taper Workout (slow) <b>Details:</b> Taper distance and exertion	April 8; 6:00 p.m. Zoom Audio Conference Call Your Location Choice 75 Minute Taper Workout (slow) Taper distance and exertion	April 10; 5:30 pm Zoom Audio Conference Call Your Location Choice 60 Minute Taper Workout (slow) Taper distance and exertion	<b>April 14 (Sunday); 5:00 am</b> Waikiki Shell Parking Lot Restroom Waikiki, Town, and Diamond Head <b>Hapalua Half-Marathon (13.1 Miles)</b> Goal Race (with pacing, posture, and hill objectives)
Second Training Period	7	<b>Date &amp; Time:</b> April 15; 5:30 p.m. <b>Meet At:</b> Zoom Audio Conference Call <b>Train At:</b> Your Location Choice <b>Workout:</b> 60-minute Recovery Run <b>Details:</b> Post-race debrief session	April 15; 5:30 p.m. Zoom Audio Conference Call Your Location Choice 60-minute Recovery Run Post-race debrief session	April 17; 5:30 pm Zoom Audio Conference Call Your Location Choice 75-Minute Recovery Run Post-race debrief session	April 20; 6:30 a.m. Kahala Mall (in front of Whole Foods) Aina Haina Valley Run 90 minutes at light exertion Hibiscus visualization run w/valleys
	8	<b>Date &amp; Time:</b> April 22; 6:00 p.m. <b>Meet At:</b> Palolo Valley District Park <b>Train At:</b> Palolo Valley Back Roads <b>Workout:</b> 80-90 Minutes (20 minutes uphill) <b>Details:</b> Getting back to hill training	April 22; 6:00 p.m. Palolo Valley District Park Palolo Valley Back Roads 80-90 Minutes (20 minutes uphill) Getting back to hill training	April 24; 5:30 pm Zoom Audio Conference Call Your Location Choice 6x6 Minutes Tempo Intervals Getting back to long intervals	April 27; 6:30 am Kapalono Field (12 Ave & Maunaloa) 5-mile Course through Kahala 105 minute long run Hilly course
	9	<b>Date &amp; Time:</b> April 29; 6:00 p.m. <b>Meet At:</b> Kahala Mall (in front of Whole Foods) <b>Train At:</b> Waiialae Kahala to Traiangle Park <b>Workout:</b> Hills on or near Hibiscus course <b>Details:</b> Hills on or near Hibiscus course	April 29; 6:00 p.m. Kahala Mall (in front of Whole Foods) Waiialae Kahala to Traiangle Park Hills on or near Hibiscus course Hills on or near Hibiscus course	May 1; 5:30 p.m. Zoom Audio Conference Call Your Location Choice 7x7 Minutes Tempo Intervals Building interval duration	May 4; 6:30 a.m. Waimanalo District Park Back Roads Waimanalo 2-Hour long run Post-workout potluck brunch
Third Training Period	10	<b>Date &amp; Time:</b> May 6; 6:00 p.m. <b>Meet At:</b> Kapalono Field (12 Ave & Maunaloa) <b>Train At:</b> Kahaha on Diamond Head trail <b>Workout:</b> 90 Minutes <b>Details:</b> Long hilly workout	May 6; 6:00 p.m. Kapalono Field (12 Ave & Maunaloa) Kahaha on Diamond Head trail 90 Minutes Long hilly workout	May 8; 5:30 p.m. Zoom Audio Conference Call Your Location Choice 8x8 Minutes Longest interval workout	May 11; 6:30 a.m. Paki Avenue Restroom Diamond Head (on Hibiscus Course) 2.5 Hours Longest workout of the season
	11	<b>Date &amp; Time:</b> May 13; 6:00 p.m. <b>Meet At:</b> Kahala Mall <b>Train At:</b> Aina Koa and Kilauea Valleys <b>Workout:</b> 80 Minute Taper Workout (slow) <b>Details:</b> Exploration/discovery run	May 13; 6:00 p.m. Kahala Mall Aina Koa and Kilauea Valleys 80 Minute Taper Workout (slow) Exploration/discovery run	May 15; 5:30 p.m. Zoom Audio Conference Call Your Location Choice 5x5 Minutes Taper distance and exertion	May 18; 6:30 a.m. Waikiki Shell Parking Lot (Bandstand) Waikiki and Ala Wai 90 minutes Heat training on the Ala Wai.
	12	<b>Date &amp; Time:</b> May 20; 6:00 p.m. <b>Meet At:</b> Zoom Audio Conference Call <b>Train At:</b> Your Location Choice <b>Workout:</b> 75 Minute Taper Workout (slow) <b>Details:</b> Taper distance and exertion	May 20; 6:00 p.m. Zoom Audio Conference Call Your Location Choice 75 Minute Taper Workout (slow) Taper distance and exertion	May 8; 5:30 p.m. Zoom Audio Conference Call Your Location Choice 60 Minute Taper Workout (slow) Taper distance and exertion	<b>May 26 (Sunday); TBA a.m.</b> Kapiolani Park Bandstand Hibiscus Race Course <b>Hibiscus Half Marathon</b> Mid-year/Season Goal Race
Finish	13	<b>Date &amp; Time:</b> May 27; 5:30 p.m. <b>Meet At:</b> Zoom Audio Conference Call <b>Train At:</b> Your Location Choice <b>Workout:</b> 60-minute Recovery Run <b>Details:</b> Post-race debrief session	May 27; 5:30 p.m. Zoom Audio Conference Call Your Location Choice 60-minute Recovery Run Post-race debrief session	May 29; 5:30 p.m. Zoom Audio Conference Call Your Location Choice 75-Minute Recovery Run Post-race debrief session	<b>June 1, 7:30 a.m.</b> Ualakaa State Park (on Round Top Drive) Ualakaa Trail System Slow Exploration Run w/Skill-building <b>First Trail Workout (Introduction to Trails)</b>

The Hapalua/Hibiscus races are the BC Endurance mid-year training and racing focus. We train on the race courses so you can visualize them. We do hills for power, long intervals at race pace to build tempo ability, and long slow runs for stamina. Our educational focus is on limbering up, sensible eating and on running form. Team work and mutual support is a high priority. After this training period we do nine weeks of weekend trail training before entering Honolulu Marathon training in early August. Consistency is by far the most important facet of successful training.