

2024 Summer Fitness Training

	Wks	Details:	Monday (Roads)	Wednesday (Grass)	Saturday (Trails)
Enrollment Period	0	Date & Time: Meet At: Train At: Workout:		May 29; 6:00 p.m. Zoom Audio Conference Call No Workout Information Meeting	June 1; 7:30 a.m. U'alakaa State Park (Round Top Drive) U'alakaa Trail to 4-Corners 60-70 Minutes
	1	Date & Time: Meet At: Train At: Workout:	June 3; 6:00 p.m. Kaka'ako Park Park Hills and Paths 75-90 Minutes	June 5; 6:00 p.m. Magic Island Ala Moana Beach 5x5 Minute Intervals.	June 8; 7:30 a.m. Aiea State Park Aiea Loop Trail 2 Hours (Slow)
	2	Date & Time: Meet At: Train At: Workout:	June 10; 6:00 p.m. Lincoln Elementary School Punchbowl/Pahoa Valley 75-90 Minutes	June 12; 6:00 p.m. Thomas Square Thomas Square 6x6 Minute Intervals	June 15; 7:30 a.m. Tantalus/Round Top Puu Ohia Trail or Kalawahine 2 Hours (Slow)
1st Training Period	3	Date & Time: Meet At: Train At: Workout:	June 17; 6:00 p.m. Nuuanu Neighborhood Park Dowsett Highlands 75-90 Minutes	June 19; 6:00 p.m. Paki Ave Restroom (Kapiolani Park) Quarter-Mile course 12x 440 Yards	June 22; 7:30 a.m. Moleka/Manoa Cliffs Intersection Manoa Cliffs Trail to Lookout 2.5 Hours (Slow)
	4	Date & Time: Meet At: Train At: Workout:	June 24; 6:00 p.m. Nuuanu Neighborhood Park Old Pali Road 75-90 Minutes	June 26; 6:00 p.m. Paki Ave Restroom (Kapiolani Park) Half-Mile Course 7 x 7-Minute Intervals	June 29; 7:30 a.m. Roads End Mokuleia Kaena Point Trail 3 Hours (Solw)
2nd Training Period	5	Date & Time: Meet At: Train At: Workout:	July 1; 6:00 p.m. Lincoln Elementary School Nehoa/Punahou 75 Minutes	July 3; 6:00 p.m. Thomas Square Thomas Square 75 Minutes	July 6; 7:30 a.m. Koko Head District Park Koko Head (over Haunama Bay) 2 Hours (Slow)
	6	Date & Time: Meet At: Train At: Workout:	July 8; 6:00 p.m. Kaka'ako Park Magic Island and Beyond 75 Minutes	July 10; 6:00 p.m. Magic Island Ala Moana Grass 4 x 4 Minutes	Sunday, July 14; 6:00 a.m. Kailua District Park Kailua Beach Shark Chase (on Kailua Beach)
3rd Training Period	7	Date & Time: Meet At: Train At: Workout:	July 15; 6:00 p.m. Kahala Mall Mauka Valleys 60 Minutes	July 17; 6:00 p.m. Paki Ave Restroom (Kapiolani Park) Quarter-Mile course 8 x 440 Yards	July 20; 7:30 a.m. Kuliouou or Lanikai Bikepath 8K Kuliouou Neighborhood Park or Kailua Kuliouou Trail or Lanikai Bikepath 8K
	8	Date & Time: Meet At: Train At: Workout:	July 22; 6:00 p.m. Kahala Mall Waialae Kahala 60 Or 90 Minutes	July 24; 6:00 p.m. Paki Ave Restroom (Kapiolani Park) Half-Mile Course 7 x 7 Minutes	July 27; 7:30 a.m. Pali Hairpin Turn Parking Lot Maunawilli (from Pali) 3 Hours
	9	Date & Time: Meet At: Train At: Workout:	July 29; 6:00 p.m. Lincoln Elementary School Mott Smith/Makiki Heights Drive 90 Minutes	July 31; 6:00 p.m. Thomas Square Thomas Square 5x5 Minute Intervals.	Aug 3; 7:30 a.m. Maunawili Trailhead Waimanalo Maunawili (from Waimanalo) 3.5 Hours