

2024 MARATHON TRAINING SCHEDULE (Honolulu)

Wk		Monday	Wednesday	Saturday
0	Date/Time: Meet At: Train At: Workout: Duration:		Aug 7; 6:00 p.m. Zoom Audio Information Meeting No Workout 60 Minutes	Aug 10, 7:00 a.m. The Running Room (819 Kapahulu Ave.) Kapahulu (back roads) Running Form and Hills I 60 Minutes
1	Date/Time: Meet At: Train At: Workout: Duration:	Aug 12; 6:00 pm. The Paki Avenue Restroom Nearby Hills Running Form and Hills II 50 to 70 Minutes, Depending on Condition	Aug 14; 6:00 pm. The Waikiki Shell Parking Lot (Kapiolani Park) Sidewalks in the Park Area Intro to Tempo Intervals I 60 to 80 Minutes, Depending...	Aug 17, 7:00 a.m. Brian's Place (4133 Sierra Drive) Sierra Drive and Koko Head Avenue Fire Station Run, Photo Session, & Potluck 70 to 90 Minutes, Depending...
2	Date/Time: Meet At: Train At: Workout: Duration:	Aug 19; 6:00 pm. The Paki Avenue Restroom Nearby Hills Running Form and Hills II 60 to 70 Minutes, Depending...	Aug 21; 6:00 pm. The Waikiki Shell Parking Lot (Kapiolani Park) Sidewalks in the Park Area Intro to Tempo Intervals II 70 to 80 Minutes, Depending...	Aug 24; 7:00 am. Enchanted Lake Elementary Sch. Kawaiinui Marsh Run Orientation to Long-Slow Distance #1 80 to 90 Minutes, Depending...
3	Date/Time: Meet At: Train At: Workout: Duration:	Aug 26; 5:30 pm. Lincoln Elementary School Punchbowl and Pauoa Valley Follow the Map Game 80 Minutes	Aug 28; 5:30 pm. Thomas Square (The Victoria Street Restroom) The Walkways around the Square 5x5-Minute Tempo Intervals 70 Minutes	Aug 31; 6:30 am. Manoa Valley District Park Upper Manoa Valley Long-Slow, Hilly Discovery Run 2 Hours
4	Date/Time: Meet At: Train At: Workout: Duration:	Sept 2; 5:30 pm. Lincoln Elementary School Mott-Smith and Makiki Heights Drive Loop Long Steep Hill Run 90 Minutes	Sept. 8; 5:30 pm. Thomas Square (The Victoria Street Restroom) The Walkways around the Square 6x6-Minute Tempo Intervals 80 Minutes	Sept. 7; 6:30 am. Milliani Shopping Center (near Zippy's) Milliani Town Long Hilly Loop 105 to 120 Minutes
5	Date/Time: Meet At: Train At: Workout: Duration:	Sept 9; 5:30 pm. Kahala Mall (in front of Whole Foods) Kilauea Valley and Aina Koa Valley Long Hills 90 Minutes	Sept. 11; 5:30 pm. The Pueo Park Restroom (Kahala) Waialae Kahala Long Interval Course 7x7-Minute Tempo Intervals 80 Minutes	Sept. 14; 6:30 am. Kailua Beach Park Uloha Half-Marathon Course Visualization Run and Potluck Brunch 2 Hours
6	Date/Time: Meet At: Train At: Workout: Duration:	Sept 16; 5:30 pm. Kahala Mall (in front of Whole Foods) Kilauea Valley and Aina Koa Valley Long Hills 90 Minutes	Sept. 18; 5:30 pm. The Pueo Park Restroom (Kahala) Waialae Kahala Long Interval Course 8x8-Minute Tempo Intervals 80 Minutes	Sept. 21; 6:30 am Kalama Valley District Park Kaiwi Shoreline and Wilderness Area Makapuu Lighthouse Run 90 Minutes to 2 Hours, Depending on Recovery
7	Date/Time: Meet At: Train At: Workout: Duration:	Sept. 23; 5:30 pm. Diamond Head Circle Diamond Head (mauka back roads) Treasure Hunt and Potluck 90 Minutes	Sept. 25; 5:30 pm. The Waikiki Shell Parking Lot (Kapiolani Park) Sidewalks in the Park Area 6x10-Minute Tempo Intervals 90 Minutes	Sept 28; 6:30 am Makakilo Neighborhood Park Makakilo Neighborhoods Explore Makakilo 90 Minutes
8	Date/Time: Meet At: Train At: Workout: Duration:	Sept 30; 5:30 p.m. Diamond Head Circle Diamond Head (mauka back roads) Treasure Hunt and Potluck 90 Minutes	Oct. 2; 5:30 pm. The Waikiki Shell Parking Lot (Kapiolani Park) Sidewalks in the Park Area 5x12-Minute Tempo Intervals 90 Minutes	Oct. 5; 6:30 am. Waimanalo District Park Waimanalo Back Roads Long Endurance Run 3 Hours (Warm Up for 90 Minutes)
9	Date/Time: Meet At: Train At: Workout: Duration:	Oct. 7; 6:30 pm. The Paki Avenue Restroom Nearby Hills Repeat Diamond Head Light House Hills 90-100 Minutes	Oct. 9; 5:30 pm. The Waikiki Shell Parking Lot (Kapiolani Park) Sidewalks in the Park Area 4x15-minute Intervals 90 Minutes	Oct. 12; 6:30 am. Kalama Valley District Park Kaiwi Shoreline and Wilderness Area Makapuu Lighthouse Run 90 Minutes to 2 Hours, Depending on Recovery
10	Date/Time: Meet At: Train At: Workout: Duration:	Oct. 14; 6:30 pm. Church of the Crossroads Magic Island (out-and-back) Taper Run & Racing Orientation 75 Minutes	Oct. 16; 5:30 pm. Church of the Crossroads Alka Wai Loop Taper Run & Racing Orientation 60 Minutes	Oct. 20; 5:30 am. (Sunday) Kailua Beach Park Kailua and Kaneohe Uloha Kailua Half Marathon Half-Marathon Test Effort
11	Date/Time: Meet At: Train At: Workout: Duration:	Oct. 21; 6:30 pm. Church of the Crossroads Manoa Valley West Race Review and Short Recovery Run 60 Minutes (Recovering)	Oct. 23; 5:30 pm. Church of the Crossroads Manoa Valley East Race Review and Short Recovery Run 75 Minutes (Recovering)	Oct 26; 6:30 am. Richardson Pool Ford Island Bridge Run Long Run Break 2 Hours
12	Date/Time: Meet At: Train At: Workout: Duration:	Oct. 28; 6:30 pm. Manoa District Park Upper West Side Steep Hills 90 Minutes	Oct. 30; 5:30 pm. Manoa Shopping Center (near Longs) Woodlawn Avenue 4x15-Minute Tempo Intervals 90 Minutes	Nov. 2; 6:30 am. Paki Ave Restroom in Kapiolani Park Waikiki and Daiamond Head (60-Minute Loops) Building Endurance for 42K 4 Hours (Warm Up for 2 Hours; Don't Race)
13	Date/Time: Meet At: Train At: Workout: Duration:	Nov 4; 6:30 pm. Kahala Mall (in front of Whole Foods) Kilauea Valley and Aina Koa Valley Long Hills 90 Minutes	Nov. 6; 5:30 pm. The Pueo Park Restroom (Kahala) Waialae Kahala Long Interval Course 7x5-Minute Tempo Intervals 80 Minutes	Nov. 9; 6:30 a.m. Palolo District Park Palolo Valley Circle the Valley and Beyond 2 Hours
14	Date/Time: Meet At: Train At: Workout: Duration:	Nov 11; 6:30 pm. Kahala Mall (in front of Whole Foods) Kilauea Valley and Aina Koa Valley Long Hills 90 Minutes	Nov. 13; 5:30 pm. The Pueo Park Restroom (Kahala) Waialae Kahala Long Interval Course 7x5-Minute Tempo Intervals 80 Minutes	Nov. 16; 6:00 am (NOTE TIME) Ala Puumalu Park (Salt Lake) Salt Lake and Aliamanu Building Endurance for 42K 3 Hours (Warm Up for 90 Minutes)
15	Date/Time: Meet At: Train At: Workout: Duration:	Nov 18; 6:30 pm. The Paki Avenue Restroom Diamond Head Long-Slow Hills 90 Minutes	Nov 20; 5:30 pm. The Waikiki Shell Parking Lot (Kapiolani Park) Sidewalks in the Park Area 4x12-Minute Tempo Intervals 80 Minutes	Nov 23; 6:30 a.m. Maunulua Bay Beach Park (Hawaii Kai) Hawaii Kai Loop and Portlock Explore Hawaii Kai (Taper Run) 2 Hours (Tapering)
16	Date/Time: Meet At: Train At: Workout: Duration:	Nov. 25; 6:30 pm. The Paki Avenue Restroom Park and Zoo (figure-8s) Long-Slow Chit-Chat Run 80 Minutes	Nov. 27; 5:30 pm. The Waikiki Shell Parking Lot (Kapiolani Park) Sidewalks in the Park Area 3x10-Minute Tempo Intervals 80 Minutes	Nov 30; 7:30 am (Note Time) Magic Island Parking Lot Downtown Marathon Loop Course Visualization Run and Potluck 90 Minutes (Tapering)
17	Date/Time: Meet At: Train At: Workout: Duration:	Dec. 2; 6:30 pm Church of the Crossroads Magic Island (out-and-back) Taper Run & Racing Orientation 75 Minutes	Dec. 4; 5:30 pm Church of the Crossroads Alka Wai Loop Taper Run & Racing Orientation 60 Minutes	Dec. 8; 5:30 pm Ala Moana Center (Ala Moana & Piikoi) To Hawaii Kai and Back to Kapiolani Park Honolulu Marathon (26.2 Miles) Goal Race (cheer your friends in)
18	Date/Time: Meet At: Workout:	Dec. 9; 5:30 pm Audio Conference Call (No Workout) Post-Race Debrief	Dec. 11; 6:00 pm Audio Conference Call (Light Workout) Post-Race Debrief	Dec 14; 5:30 pm. Brian's Place Completion Party & Dinner