

## Honolulu Training Schedule

Training in kilometers

Week	Date	Day 1	Day 2	Day 3	Day 4	Week Total	Goal/Focus
10	May 30						30 min (preconditioning)
11	Jun 6						30 min (preconditioning)
<b>Training Base (Clothing/Shoes/Running Style)</b>							
1	Jun 13	5	5	5	10k*	25	* Jun 18 - 10k walk/run 30/10/30 (not 5k)
2	Jun 20	walk	5	5	5	20	Shoes / HRM
3	Jun 27	5	5	5	6.5	21.5	Chi Running
4	Jul 4	5	6.5	5	6.5	23	Speed Work
5	Jul 11	5	6.5	5	6.5	23	Track / Treadmill
6	Jul 18	5	6.5	5	8	24.5	Speed Work / Treadmill
7	Jul 25	5	6.5	5	10k*	26.5	* Jul 30 - Lake Stevens's Aqua Run (Lake Steven's, WA)
8	Aug 1	5	5	5	5k*	20	* Aug 7 - 5k OC Fair Fun Run (Orange, CA)
9	Aug 8	5	6.5	5	5	21.5	Maintenance
10	Aug 15	5	6.5	5	5	21.5	Maintenance
<b>Official Start (Increase Mileage)</b>							
1	Aug 22	5	6.5	5	8	24.5	Running Pace / RPE
2	Aug 29	5	6.5	5	10	36.5	Positive Thinking (10k race on my Birthday - Aug 30)
3	Sep 5	5	6.5	5	11	27.5	Injuries / Cognitive Reality
4	Sep 12	5	8	5	13	31	Stretching and Attitude (25% done)
5	Sep 19	5	8	5	16	34	Visualization and Fluids (1st 10 miler)
6	Sep 26	6.5	8	6	17.5	38	Self Talk and Nutrition Intro
<b>Endurance Runs (focus on mental stamina and nutrition)</b>							
7	Oct 3	6.5	10	6.5	19	42	Games of Focus / How to Rest
8	Oct 10	6.5	10	6.5	22 (1)	45	Flow, Locus Control and Cross Training (1/2 marathon?)
9	Oct 17	6.5	11	6.5	25	49	Back to the Basics
10	Oct 24	8	13	8	25	54	Progressive Relaxation and Run/Walk Techniques
11	Oct 31	8	13	8	26	55	Putting it all together
12	Nov 7	8	11	8	28 (2)	55 (48)	Techniques for 'The Wall' (1/2 marathon event)
13	Nov 14	8	8	8	30	54	Fluids, Food, and the End Game
<b>Two Week Taper</b>							
14	Nov 21	8	13	8 (3)	14	27	Watch those calories / Hold Back
15	Nov 28	5	8	5	10	19	Off to Hawaii (Maui) to acclimatize
16	Dec 5	5	5	walk	marathon	57	Honolulu Marathon (Oahu/Waikiki)

- (1) Oct 15 Frightmare's 1/2 marathon (Oct 15th) in Farmington, UT  
This is when you pass your 1st 1/2 marathon. So, I decided to do a 21.2 km 1/2 marathon instead of a 22 km training run.  
<http://www.frightmareshalf.com/half.html>
- (2) Nov 11 Rocky Balboa Run (Nov 11) in Philly, PE  
Instead of doing a 28k training run, I plan to do a 21.2 km 1/2 marathon (so the total km for the week will be 48 instead of 55).  
Although not officially announced yet, I talked with the organizers and they have dropped the 10k for a 1/2 marathon.  
So that works out great for me! Besides, I always wanted to run in the steps of Rocky while playing the Eye of the Tiger!  
<http://www.rockybalboarun.com>
- (3) Nov 24 Yes - I need to do my 5k Turkey Trot if I'm in the USA.  
So instead of doing a 8 km training run, a 5 km version is in the works.  
As for location? Well, it's too early to tell.
- Jun 18 10K Pointe-Claire, QC CANADA  
<http://www.demimarathonpointeclaire.com/en>
- Jul 30 10k Aqua Run, Lake Steven's, WA USA (TBA)  
<http://www.aquafest.org/events/aquarun.asp>
- Aug 7 5k OC Fair Fun Run, Costa Mesa CA  
<http://www.ocfair.com/2016>