




FALL CONDITIONING PROGRAM 2009 III

Sun	Tues	Thurs	Sat
11/15 7:00am Meet at Ho'omaluhia Botanical Garden Trail Run Stretch	11/17 5:15pm Meet at Ala Moana Beach Park Swim and run workout Stretch	11/19 5:15pm Meet at Ala Moana by the bike racks Turbo Training and Run Intervals Stretch	11/21
11/22 7:00am Meet at Aiea Loop Trail Trail Run 2 x Stretch	11/24 5:15pm Meet at Ala Moana Beach Park Boot Camp Intervals Stretch	11/26 7:00am Happy Thanksgiving Turkey Trot at Kapiolani Park Bandstand 10  miler	11/28
11/29 7:00am Meet at Pali Trail Maunawili through to Waimanalu	12/1 5:15pm Meet at Ala Moana Swim and Run Workout Stretch	12/3 5:15pm Meet at Tantalus Cycling Hill workout Stretch	12/5
12/6 7:00am XTERRA Championship Trial Run at Kualoa Ranch!!	12/8 5:15pm Meet at Ala Moana Beach Park Boot Camp Intervals Stretch	12/10 5:15pm Meet at Kapiolani Park Bandstand Med distance run Hill workout Stretch	12/12 7:00am Try Fitness bike ride Meet at Paki Bathrooms