

albany Run/Walk

A Jeff Galloway Training Program

WEEK	DATE	FULL	HALF	LOCATION	INFO
1	8/12/17	2.6	2.6	Phoebe Northwest	Kick Off!
2	8/19/17	3	3	Westover High School (WHS) track	Magic Mile
3	8/26/17	4	4	Darton (park near Gillionville by soccer field)	first grouping of pace groups
4	9/2/17	5	5	Quail Pines	
5	9/9/17	5K	5k	Chehaw Park or TBA per Pace Group Leader	Chehaw Run Thru the Zoo
6	9/16/17	8	4	Sherwood Baptist Church	
7	9/23/17	3	3	Westover High School (WHS) track	Magic Mile
8	9/30/17	10	5	Doublegate Country Club	Double Digits for Fullers!
9	10/7/17	5	5	Albany Museum of Art	
10	10/14/17	12	6	Clay Spot (parking lot rear of shopping center)	
11	10/21/17	5	5	Philema Baptist Church	Recovery
12	10/28/17	14	7	Doublegate Country Club	1/2 way for full trainers!
13	11/4/17	3	3	Meredyth Place - Starbucks	recovery
14	11/11/17	15K	5K	YMCA or TBA per PGL	YMCA Chili Run 5K, 15K
15	11/18/17	16	8	Doublegate Country Club	
16 a	11/23/17	4	4	River Pointe Golf Club (Colony Bank parking lot)	Turkey Trot Trail
16 b	11/25/17	5	5	Quail Pines	Post-Turkey Trot
17	12/2/17	6	3	St. Patrick's Episcopal Church	
18	12/9/17	10K	5K	Tift Park or TBA per PGL	Jingle Bell Jog 5K, 10K
19	12/16/17	4	4	Sherwood Baptist Church	Holiday Hats! Bring friends!
20	12/23/17	~	~	Keep running! More miles ahead!	Hydrate!!
21	12/30/17	20	10	St. Patrick's Episcopal Church	Double Digits for Halfers!
22	1/6/18	8	4	Sherwood Baptist Church	Recovery
23	1/13/18	5	5	Philema Baptist Church	Hydrate!!
24	1/20/18	23	12	Doublegate Country Club	Almost there!
25	1/27/18	5	5	Quail Pines	Recovery
26	2/3/18	5	5	Darton	Hydrate!!
27	2/10/18	26	13	St. Teresa's Catholic Church	Last long run
28	2/17/18	4	4	River Pointe Golf Club (Colony Bank parking lot)	Recovery
29	2/24/18	2.6	2.6	Wild Side Running	Jog out your nerves.
30	3/3/18	26	13	Snickers Marathon! (You've trained for this!)	Race Day! 13.1 or 26.2
31	3/10/18	~	~	TBA - What comes before Part B?	PART A!