

albany Run/Walk

A Jeff Galloway Training Program

WEEK	DATE	FULL	HALF	LOCATION	INFO
1	8/24/19	2.62	2.62	Phoebe Northwest	Kick Off!
2	8/31/19	3	3	ASU West Campus (Darton)	Magic Mile
3	9/7/19	4	4	ASU West Campus (Darton)	first grouping of pace groups
4	9/14/19	5	5	Quail Pines	
5	9/21/19	5K	5k	Chehaw Park or TBA per Pace Group Leader	Chehaw Run Thru the Zoo
6	9/28/19	8	4	Sherwood Baptist Church	
7	10/5/19	3	3	ASU West Campus (Darton)	Magic Mile
8	10/12/19	10	5	Doublegate Country Club	Double Digits for Fullers!
9	10/19/19	5k	5k	Tift Park	Boys & Girls Club 5K
10	10/26/19	12	6	Clay Spot (parking lot rear of shopping center)	Option for Saint & Sinners 5K
11	11/2/19	5	5	Albany Museum of Art	recovery
12	11/9/19	4	4	Sherwood Baptist Church	recovery & prep
13	11/16/19	13.1	10K	MCLB Albany or TBA per PGL	Barney's Run for Warriors
14	11/23/19	3ish	3ish	Meredyth Place / Starbucks	Coffee Run!
15a	11/28/19	5K	5K	Leesburg, Georgia	Harvest Run
15b	11/30/19	4	4	River Pointe Golf Club (Colony Bank parking lot)	Post-Turkey recovery
16	12/7/19	16	8	Doublegate Country Club	
17	12/14/19	10K	5K	Tift Park or TBA per PGL	Jingle Bell Jog 5K, 10K
18	12/21/19	6	3	St. Patrick's Episcopal Church	Holiday Hats - bring friends!
19	12/28/19	~	~	Holiday Break - Keep Running!	Happy New Year!
20	1/4/20	4	4	Sherwood Baptist Church	
21	1/11/20	20	10	St. Patrick's Episcopal Church	Double Digits for Halfers!
22	1/18/20	8	4	Sherwood Baptist Church	recovery
23	1/25/20	5	5	Albany Museum of Art	Hydrate!!
24	2/1/20	23	11.5	Doublegate Country Club	Almost there!
25	2/8/20	5	5	Quail Pines	recovery
26	2/15/20	5	5	ASU West Campus (Darton)	Hydrate!!
27	2/22/20	26.2	13.1	St. Patrick's Episcopal Church	Last long run
28	2/29/20	2.62	2.62	Wild Side Running	Jog out your nerves!
29	3/7/20	26.2	13.1	Snickers Marathon! (You've trained for this!)	Race Day! 13.1 or 26.2
30	3/14/20			TBA - What comes before Part B?	PART A!