

albany Run/Walk

A Jeff Galloway Training Program

WEEK	DATE	FULL	HALF	LOCATION	INFO
1	8/6/16	2.6	2.6	Phoebe Northwest	Kick Off!
2	8/13/16	3	3	Westover High School (WHS) track	Magic Mile
3	8/20/16	4	4	Darton (park near Gillionville by soccer field)	first grouping of pace groups
4	8/27/16	5	5	Quail Pines	
5	9/3/16	6	3	WHS track	Magic Mile
6	9/10/16	8	4	Sherwood Baptist Church	Pace Group Assignments
7	9/17/16	5K	5K	Chehaw Park or TBA per Pace Group Leader	Chehaw Run Thru the Zoo
8	9/24/16	10	5	Doublegate Country Club	Double Digits for Fullers!
9	10/1/16	5K	5K	Turtle Park or TBA per PGL	Riverfront Run
10	10/8/16	5	5	Albany Museum of Art	
11	10/15/16	12	6	Clay Spot (park lot in rear of shopping center)	
12	10/22/16	5	5	YMCA	
13	10/29/16	14	7	Doublegate Country Club	
14	11/5/16	3	3	Meredyth Place - Starbucks	Recovery
15	11/12/16	15K	5K	YMCA or TBA per PGL	YMCA Chili Run 5K, 15K
16	11/19/16	4	4	WHS track	Magic Mile
17 a	11/24/16	4	4	River Pointe Golf Club (Colony Bank parking lot)	Turkey Trot Trail
17 b	11/26/16	5	5	Quail Pines	Post-Turkey Trot
18	12/3/16	16	8	Doublegate Country Club	
19	12/10/16	10K	5K	Tift Park or TBA per PGL	Jingle Bell Jog 5K, 10K
20	12/17/16	4	4	Sherwood Baptist Church	Santa Hat Run (bring friends!)
21	12/24/16	~	~	week off or TBA per PGL - Bring the family!	Holiday! But keep running!
22	12/31/16	~	~	week off or TBA per PGL - Bring a friend!	Holiday! KEEP RUNNING!
23	1/7/17	20	10	St. Patrick's Episcopal Church	Double Digits for Halfers!
24	1/14/17	5	5	Philema Baptist Church	Recovery
25	1/21/17	23	12	Doublegate Country Club	Almost there!
26	1/28/17	5	5	Quail Pines	Recovery
27	2/4/17	5	5	Darton	Recovery
28	2/11/17	26	13	St. Teresa's Catholic Church	Last long run
29	2/18/17	4	4	River Pointe Golf Club (Colony Bank parking lot)	Recovery
30	2/25/17	2.6	2.6	Wild Side Running	Jog out your nerves.
31	3/4/17	26	13	Snickers Marathon! (You've trained for this!)	Race Day! 13.1 or 26.2
32	3/11/17	~	~	TBA - What comes before Part B?	PART A!