

# Great Aloha Run: Training Group

In preparation for the Great Aloha Run, this 9-week program will challenge you to condition your mind, body, and spirit for the strenuous work that lies ahead.

The following topics will be covered throughout the training :

- Hal Higdon's 10k Training Program
- Heart Interval Training
- Resting Metabolic Rate (Calorie Expenditure)

**Duration: December 14th, 2015 - February 12th, 2016**

**\*First meeting will be on Monday  
Dec 14th, 2015.**

**-Time: 0600-0700**

**SUPPORTED BY :**



**HEALTH PROMOTION**



**MEETINGS HELD ON  
MONDAYS &  
WEDNESDAYS  
0600-0700**

**-Location: Quick Field**

**Address: 1156 Long  
Way, 96818**



Interested in competing in your first long distance endurance race? Please come out and join your Navy & Air Force Health Promotion team to assist you in your training regiment. Together, we WILL achieve your running

**Please bring:**

Exercise Clothes  
Water  
Towel  
Heart Rate Monitor  
(optional)

**For more information or to register:**

Follow us on Facebook @ HickamHPARC

**HM2(FMF) Daniel Lopez  
808-471-2280**

**daniel.lopez253.mil@mail.mil**