



## ROSE BOWL HALF MARATHON – September 26, 2021

WEEK	DATE	SATURDAY MILES	SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
1	7/3	3	Trail Run/Hike	Strength 4miles	Cross-train 45-60 min	Strength 4miles	Cross-train 45-60 min	REST
2	7/10	4	Trail Run/Hike	Strength 4miles	Cross-train 45-60 min	Strength 4miles	Cross-train 45-60 min	REST
3	7/17	6	Trail Run/Hike	Strength 4miles	Cross-train 45-60 min	Strength 4miles	Cross-train 45-60 min	REST
4	7/24	6	Trail Run/Hike	Strength 4miles	Cross-train 45-60 min	Strength 4miles	Cross-train 45-60 min	REST
5	7/31	8	Trail Run/Hike	Strength 4miles	Cross-train 45-60 min	Strength 4miles	Cross-train 45-60 min	REST
6	8/7	9	Trail Run/Hike	Strength 4miles	Cross-train 45-60 min	Strength 4miles	Cross-train 45-60 min	REST
7	8/14	10	Trail Run/Hike	Strength 4miles	Cross-train 45-60 min	Strength 4miles	Cross-train 45-60 min	REST
8	8/21	10	Trail Run/Hike	Strength 4miles	Cross-train 45-60 min	Strength 4miles	Cross-train 45-60 min	REST
9	8/28	8	Trail Run/Hike	Strength 4miles	Cross-train 45-60 min	Strength 4miles	Cross-train 45-60 min	REST
10	9/4	12	Trail Run/Hike	Strength 4miles	Cross-train 45-60 min	Strength 4miles	Cross-train 45-60 min	REST
11	9/11	10	Trail Run/Hike	Strength 4miles	Cross-train 45-60 min	Strength 4miles	Cross-train 45-60 min	REST
12	9/18	6	Trail Run/Hike	3 miles	Cross-train 30 min	3 miles	Cross-train 45-60 min	REST
13	9/25	REST	<b>RACE DAY</b>	<b>Walk 30 Min Medal Mon</b>	YOGA	Easy run 30 min	Yoga/Swim	REST

Cross-training = Swim, bike, stretch, walk, yoga, elliptical, etc.