



MALIBU HALF MARATHON – November 5, 2022

WEEK	DATE	SATURDAY MILES	SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
1	8/13	3	Walk/Hike	Strength 4miles	Cross-train 45-60 min	Strength 4miles	Cross-train 45-60 min	REST
2	8/20	4	Walk/Hike	Strength 4miles	Cross-train 45-60 min	Strength 4miles	Cross-train 45-60 min	REST
3	8/27	6	Walk/Hike	Strength 4miles	Cross-train 45-60 min	Strength 4miles	Cross-train 45-60 min	REST
4	9/3	6	Walk/Hike	Strength 4miles	Cross-train 45-60 min	Strength 4miles	Cross-train 45-60 min	REST
5	9/10	8	Walk/Hike	Strength 4miles	Cross-train 45-60 min	Strength 4miles	Cross-train 45-60 min	REST
6	9/17	9	Walk/Hike	Strength 4miles	Cross-train 45-60 min	Strength 4miles	Cross-train 45-60 min	REST
7	9/24	10	Walk/Hike	Strength 4miles	Cross-train 45-60 min	Strength 4miles	Cross-train 45-60 min	REST
8	10/1	10	Walk/Hike	Strength 4miles	Cross-train 45-60 min	Strength 4miles	Cross-train 45-60 min	REST
9	10/8	8	Walk/Hike	Strength 4miles	Cross-train 45-60 min	Strength 4miles	Cross-train 45-60 min	REST
10	10/15	12	Walk/Hike	Strength 4miles	Cross-train 45-60 min	Strength 4miles	Cross-train 45-60 min	REST
11	10/22	10	Walk/Hike	Strength 4miles	Cross-train 45-60 min	Strength 4miles	Cross-train 45-60 min	REST
12	10/29	6	Walk/Hike	3 miles	Cross-train 30 min	3 miles	Cross-train 45-60 min	REST
13	11/5	REST	RACE DAY 11/6	Walk 30 Min Medal Mon	YOGA	Easy run 30 min	Yoga/Swim	REST

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