



OC HALF MARATHON – May 7, 2023

WEEK	DATE	SATURDAY MILES	SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
1	2/11	3	Walk/Hike	Strength 4miles	Cross-train 45-60 min	Strength 4miles	Cross-train 45-60 min	REST
2	2/18	4	Walk/Hike	Strength 4miles	Cross-train 45-60 min	Strength 4miles	Cross-train 45-60 min	REST
3	2/25	6	Walk/Hike	Strength 4miles	Cross-train 45-60 min	Strength 4miles	Cross-train 45-60 min	REST
4	3/4	6	Walk/Hike	Strength 4miles	Cross-train 45-60 min	Strength 4miles	Cross-train 45-60 min	REST
5	3/11	8	Walk/Hike	Strength 4miles	Cross-train 45-60 min	Strength 4miles	Cross-train 45-60 min	REST
6	3/18	9	Walk/Hike	Strength 4miles	Cross-train 45-60 min	Strength 4miles	Cross-train 45-60 min	REST
7	3/25	10	Walk/Hike	Strength 4miles	Cross-train 45-60 min	Strength 4miles	Cross-train 45-60 min	REST
8	4/1	10	Walk/Hike	Strength 4miles	Cross-train 45-60 min	Strength 4miles	Cross-train 45-60 min	REST
9	4/8	8	Walk/Hike	Strength 4miles	Cross-train 45-60 min	Strength 4miles	Cross-train 45-60 min	REST
10	4/15	12	Walk/Hike	Strength 4miles	Cross-train 45-60 min	Strength 4miles	Cross-train 45-60 min	REST
11	4/22	10	Walk/Hike	Strength 4miles	Cross-train 45-60 min	Strength 4miles	Cross-train 45-60 min	REST
12	4/29	6	Walk/Hike	3 miles	Cross-train 30 min	3 miles	Cross-train 45-60 min	REST
13	5/6	3 mile Shakeout Run REST	RACE DAY 5/7	Walk 30 Min Medal Mon	YOGA	Easy run 30 min	Yoga/Swim	REST

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