



## TRAINING SCHEDULE FOR: **Revel Big Bear** – November 13, 2021

Week	Date	Sat. Miles	Sun.	Mon.	Tues.	Wed.	Thurs.	Fri.
1	8/21	4	Trail Run/Walk	Cross-train 45-60 min	Strength 4 miles	Yoga/Swim 45-60 min	Strength 4 miles	Rest
2	8/28	5	Trail Run/Walk	Cross-train 45-60 min	Strength 4 miles	Yoga/Swim 45-60 min	Strength 4 miles	Rest
3	9/4	6	Trail Run/Walk	Cross-train 45-60 min	Strength 4 miles (A) Hills	Yoga/Swim 45-60 min	Strength 4 miles	Rest
4	9/11	7	Trail Run/Walk	Cross-train 45-60 min	Strength 4 miles (A) Hills	Yoga/Swim 45-60 min	Strength 4 miles	Rest
5	9/18	8	Trail Run/Walk	Cross-train 45-60 min	Strength 4 miles (A) Hills	Yoga/Swim 45-60 min	Strength 4 miles	Rest
6	9/25	9	Trail Run/Walk	Cross-train 45-60 min	Strength 4 miles (A) Hills	Yoga/Swim 45-60 min	Strength 4 miles	Rest
7	10/2	10	Trail Run/Walk	Cross-train 45-60 min	Strength 4 miles (A) Hills	Yoga/Swim 45-60 min	Strength 4 miles	Rest
8	10/9	11	Trail Run/Walk	Cross-train 45-60 min (A) Track	Strength 4 miles	Yoga/Swim 45-60 min	Strength 4 miles	Rest
9	10/16	12	Trail Run/Walk	Cross-train 45-60 min (A) Track	Strength 4 miles	Yoga/Swim 45-60 min	Strength 4 miles	Rest
10	10/23	13	Trail Run/Walk	Cross-train 45-60 min (A) Track	Strength 4 miles	Yoga/Swim 45-60 min	Strength 4 miles	Rest
11	10/30	12	Trail Run/Walk	Cross-train 45-60 min (A) Track	Strength 4 miles	Yoga/Swim 45-60 min	Strength 4 miles	Rest
12	11/6	6	Trail Run/Walk	Cross-train 30 min	Strength 3 miles	Yoga/Swim 45-60 min	Rest	Rest
13	11/13	<b>13.1 miles</b>	<b>Wear your medal all day</b>		3 miles max	Yoga/Swim	Walk 30 min	Rest