



TRAINING SCHEDULE FOR: Rose Bowl Half Marathon September 26 2021

Week	Date	Sat. Miles	Sun.	Mon.	Tues.	Wed.	Thurs.	Fri.
1	7/3	4	Trail Run/Walk	Cross-train 45-60 min	Strength 4 miles	Yoga/Swim 45-60 min	Strength 4 miles	Rest
2	7/10	5	Trail Run/Walk	Cross-train 45-60 min	Strength 4 miles	Yoga/Swim 45-60 min	Strength 4 miles	Rest
3	7/17	6	Trail Run/Walk	Cross-train 45-60 min	Strength 4 miles (A) Hills	Yoga/Swim 45-60 min	Strength 4 miles	Rest
4	7/24	7	Trail Run/Walk	Cross-train 45-60 min	Strength 4 miles (A) Hills	Yoga/Swim 45-60 min	Strength 4 miles	Rest
5	7/31	8	Trail Run/Walk	Cross-train 45-60 min	Strength 4 miles (A) Hills	Yoga/Swim 45-60 min	Strength 4 miles	Rest
6	8/7	9	Trail Run/Walk	Cross-train 45-60 min	Strength 4 miles (A) Hills	Yoga/Swim 45-60 min	Strength 4 miles	Rest
7	8/14	10	Trail Run/Walk	Cross-train 45-60 min	Strength 4 miles (A) Hills	Yoga/Swim 45-60 min	Strength 4 miles	Rest
8	8/21	11	Trail Run/Walk	Cross-train 45-60 min (A) Track	Strength 4 miles	Yoga/Swim 45-60 min	Strength 4 miles	Rest
9	8/28	12	Trail Run/Walk	Cross-train 45-60 min (A) Track	Strength 4 miles	Yoga/Swim 45-60 min	Strength 4 miles	Rest
10	9/4	13	Trail Run/Walk	Cross-train 45-60 min (A) Track	Strength 4 miles	Yoga/Swim 45-60 min	Strength 4 miles	Rest
11	9/11	12	Trail Run/Walk	Cross-train 45-60 min (A) Track	Strength 4 miles	Yoga/Swim 45-60 min	Strength 4 miles	Rest
12	9/18	6	Trail Run/Walk	Cross-train 30 min	Strength 3 miles	Yoga/Swim 45-60 min	Rest	Rest
13	9/25	Rest	Sunday Sept 26, 13.1 miles	Wear your medal all day	3 miles max	Yoga/Swim	Walk 30 min	Rest