



TRAINING SCHEDULE FOR: Rose Bowl Half Marathon January 16th, 2022

Week	Date	Sat. Miles	Sun.	Mon.	Tues.	Wed.	Thurs.	Fri.
1	10/23	4	Trail Run/Walk	Cross-train 45-60 min	Strength 4 miles	Yoga/Swim 45-60 min	Strength 4 miles	Rest
2	10/30	5	Trail Run/Walk	Cross-train 45-60 min	Strength 4 miles	Yoga/Swim 45-60 min	Strength 4 miles	Rest
3	11/6	6	Trail Run/Walk	Cross-train 45-60 min	Strength 4 miles (A) Hills	Yoga/Swim 45-60 min	Strength 4 miles	Rest
4	11/13	7	Trail Run/Walk	Cross-train 45-60 min	Strength 4 miles (A) Hills	Yoga/Swim 45-60 min	Strength 4 miles	Rest
5	11/20	8	Trail Run/Walk	Cross-train 45-60 min	Strength 4 miles (A) Hills	Yoga/Swim 45-60 min	Strength 4 miles	Rest
6	11/27	9	Trail Run/Walk	Cross-train 45-60 min	Strength 4 miles (A) Hills	Yoga/Swim 45-60 min	Strength 4 miles	Rest
7	12/4	10	Trail Run/Walk	Cross-train 45-60 min	Strength 4 miles (A) Hills	Yoga/Swim 45-60 min	Strength 4 miles	Rest
8	12/11	11	Trail Run/Walk	Cross-train 45-60 min (A) Track	Strength 4 miles	Yoga/Swim 45-60 min	Strength 4 miles	Rest
9	12/18	12	Trail Run/Walk	Cross-train 45-60 min (A) Track	Strength 4 miles	Yoga/Swim 45-60 min	Strength 4 miles	Rest
10	12/25	13	Trail Run/Walk	Cross-train 45-60 min (A) Track	Strength 4 miles	Yoga/Swim 45-60 min	Strength 4 miles	Rest
11	1/1	12	Trail Run/Walk	Cross-train 45-60 min (A) Track	Strength 4 miles	Yoga/Swim 45-60 min	Strength 4 miles	Rest
12	1/8	6	Trail Run/Walk	Cross-train 30 min	Strength 3 miles	Yoga/Swim 45-60 min	Rest	Rest
13	1/15	Rest	Sunday January 16, 13.1 miles	Wear your medal all day	3 miles max	Yoga/Swim	Walk 30 min	Rest