



TRAINING SCHEDULE FOR:
 Long Beach Half Marathon
 October 9, 2022

Week	Date	Sat Miles	Sun	Mon	Tue	Wed	Thu	Fri
1	7/16	3	Hike/Walk	4 Miles	Cross-train 45-60min	4 Miles	Cross-train 45-60min	Rest
2	7/23	4	Hike/Walk	4 Miles	Cross-train 45-60min	4 Miles	Cross-train 45-60min	Rest
3	7/30	6	Hike/Walk	4 Miles	Cross-train 45-60min	4 Miles	Cross-train 45-60min	Rest
4	8/6	6	Hike/Walk	4 Miles	Cross-train 45-60min	4 Miles	Cross-train 45-60min	Rest
5	8/13	8	Hike/Walk	4 Miles	Cross-train 45-60min	4 Miles	Cross-train 45-60min	Rest
6	8/20	9	Hike/Walk	4 Miles	Cross-train 45-60min	4 Miles	Cross-train 45-60min	Rest
7	8/27	10	Hike/Walk	4 Miles	Cross-train 45-60min	4 Miles	Cross-train 45-60min	Rest
8	9/3	10	Hike/Walk	4 Miles	Cross-train 45-60min	4 Miles	Cross-train 45-60min	Rest
9	9/10	8	Hike/Walk	4 Miles	Cross-train 45-60min	4 Miles	Cross-train 45-60min	Rest
10	9/17	12	Hike/Walk	4 Miles	Cross-train 45-60min	4 Miles	Cross-train 45-60min	Rest
11	9/24	10	Hike/Walk	4 Miles	Cross-train 45-60min	4 Miles	Cross-train 45-60min	Rest
12	10/1	6	Hike/Walk	3 Miles	Cross-train 30min	Rest	Cross-train 45-60min	Rest
13	10/8	Rest	Race Day	Walk 30min Medal Monday	Yoga	Easy run 30min	Yoga/Swim	Rest

Cross-training = swim, bike, stretch, walk, yoga, elliptical, etc