



TRAINING SCHEDULE FOR:
 Revel Big Bear Half Marathon
 November 12, 2022

Week	Date	Sat Miles	Sun	Mon	Tue	Wed	Thu	Fri
1	8/20	3	Hike/Walk	4 Miles	Cross-train 45-60min	4 Miles	Cross-train 45-60min	Rest
2	8/27	4	Hike/Walk	4 Miles	Cross-train 45-60min	4 Miles	Cross-train 45-60min	Rest
3	9/3	6	Hike/Walk	4 Miles	Cross-train 45-60min	4 Miles	Cross-train 45-60min	Rest
4	9/10	6	Hike/Walk	4 Miles	Cross-train 45-60min	4 Miles	Cross-train 45-60min	Rest
5	9/17	8	Hike/Walk	4 Miles	Cross-train 45-60min	4 Miles	Cross-train 45-60min	Rest
6	9/24	9	Hike/Walk	4 Miles	Cross-train 45-60min	4 Miles	Cross-train 45-60min	Rest
7	10/1	10	Hike/Walk	4 Miles	Cross-train 45-60min	4 Miles	Cross-train 45-60min	Rest
8	10/8	10	Hike/Walk	4 Miles	Cross-train 45-60min	4 Miles	Cross-train 45-60min	Rest
9	10/15	8	Hike/Walk	4 Miles	Cross-train 45-60min	4 Miles	Cross-train 45-60min	Rest
10	10/22	12	Hike/Walk	4 Miles	Cross-train 45-60min	4 Miles	Cross-train 45-60min	Rest
11	10/29	10	Hike/Walk	4 Miles	Cross-train 45-60min	4 Miles	Cross-train 45-60min	Rest
12	11/5	6	Hike/Walk	3 Miles	Cross-train 30min	Rest	Cross-train 45-60min	Rest
13	11/12	Rest	Race Day	Walk 30min Medal Monday	Yoga	Easy run 30min	Yoga/Swim	Rest

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