



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

Week	Date	Sat Miles	Sun	Mon	Tue	Wed	Thur	Fri
1	5/14	4	Walk 30min	Speed Work	Cross-train 45-60min	Hill Repeats	Cross-train 45-60min	Rest
2	5/21	5	Walk 30min	Speed Work	Cross-train 45-60min	Hill Repeats	Cross-train 45-60min	Rest
3	5/28	6	Walk 30min	Speed Work	Cross-train 45-60min	Hill Repeats	Cross-train 45-60min	Rest
4	6/4	7	Trail Run/Walk	Speed Work	Cross-train 45-60min	Hill Repeats	Cross-train 45-60min	Rest
5	6/11	8	Trail Run/Walk	Speed Work	Cross-train 45-60min	Hill Repeats	Cross-train 45-60min	Rest
6	6/18	9	Trail Run/Walk	Speed Work	Cross-train 45-60min	Hill Repeats	Cross-train 45-60min	Rest
7	6/25	10	Trail Run/Walk	Speed Work	Cross-train 45-60min	Hill Repeats	Cross-train 45-60min	Rest
8	7/2	8	Trail Run/Walk	Speed Work	Cross-train 45-60min	Hill Repeats	Cross-train 45-60min	Rest
9	7/9	12	Trail Run/Walk	Speed Work	Cross-train 45-60min	Hill Repeats	Cross-train 45-60min	Rest
10	7/16	10	Trail Run/Walk	Speed Work	Cross-train 45-60min	Hill Repeats	Cross-train 45-60min	Rest
11	7/23	10	Trail Run/Walk	Speed Work	Cross-train 45-60min	Hill Repeats	Cross-train 45-60min	Rest
12	7/30	14	Trail Run/Walk	Speed Work	Cross-train 45-60min	Hill Repeats	Cross-train 45-60min	Rest
13	8/6	10	Trail Run/Walk	Speed Work	Cross-train 45-60min	Hill Repeats	Cross-train 45-60min	Rest
14	8/13	10	Trail Run/Walk	Speed Work	Cross-train 45-60min	Hill Repeats	Cross-train 45-60min	Rest



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Week	Date	Sat Miles	Sun	Mon	Tue	Wed	Thur	Fri
15	8/20	16	Trail Run/Walk	Speed Work	Cross-train 45-60min	Hill Repeats	Cross-train 45-60min	Rest
16	8/27	10	Trail Run/Walk	Speed Work	Cross-train 45-60min	Hill Repeats	Cross-train 45-60min	Rest
17	9/3	11	Trail Run/Walk	Speed Work	Cross-train 45-60min	Hill Repeats	Cross-train 45-60min	Rest
18	9/10	18	Trail Run/Walk	Speed Work	Cross-train 45-60min	Hill Repeats	Cross-train 45-60min	Rest
19	9/17	10	Trail Run/Walk	Speed Work	Cross-train 45-60min	Hill Repeats	Cross-train 45-60min	Rest
20	9/24	11	Trail Run/Walk	Speed Work	Cross-train 45-60min	Hill Repeats	Cross-train 45-60min	Rest
21	10/1	20	Trail Run/Walk	Speed Work	Cross-train 45-60min	Hill Repeats	Cross-train 45-60min	Rest
22	10/8	10	Trail Run/Walk	Speed Work	Cross-train 45-60min	Hill Repeats	Cross-train 45-60min	Rest
23	10/15	12	Trail Run/Walk	Speed Work	Cross-train 45-60min	Hill Repeats	Cross-train 45-60min	Rest
24	10/22	22	Trail Run/Walk	Speed Work	Cross-train 45-60min	Hill Repeats	Cross-train 45-60min	Rest
25	10/29	10	Walk 30min	Easy 3 miles	Cross-train 45-60min	Easy 3 miles	Cross-train 45-60min	Rest
26	11/5	8	Walk 30min	Easy 3 miles	Rest	Easy 3 miles	Rest	Rest
27	11/12	Rest	Race Day	Walk 3 miles Medal Monday	Rest	Walk 4miles	Swim	Rest
28	11/19	3-4(B) 6-8(A) Slow!	Rest	After your marathon, take three weeks of really slow running before resuming training. LISTEN TO YOUR BODY!				