

Bridge to Half Group  
 Summer Session 6/4/22 - 8/20/22



\*6/11/22 Frida 5K

\*8/13/22 Dodgers Foundation Sunset Run 5K/10K/Kids

\*8/27/22 Menudo Run

Week	Date	Saturday	Intervals	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday
1	6/4	4M	5:1	Rest	3Miles	20 Min Crosstrain	3Miles	20 Min Crosstrain	Rest
2	6/11	5M	6:1	Rest	3Miles	20 Min Crosstrain	3Miles	20 Min Crosstrain	Rest
3	6/18	6M	7:1	Rest	3Miles	20 Min Crosstrain	3Miles	20 Min Crosstrain	Rest
4	6/25	7M	7:1	Rest	3Miles	20 Min Crosstrain	3Miles	20 Min Crosstrain	Rest
5	7/2	6M	8:1	Rest	3Miles	20 Min Crosstrain	3Miles	20 Min Crosstrain	Rest
6	7/9	8M	8:1	Rest	3Miles	20 Min Crosstrain	3Miles	20 Min Crosstrain	Rest
7	7/16	6M	none	Rest	3Miles	30 Min Crosstrain	3Miles	30 Min Crosstrain	Rest
8	7/23	9M	none	Rest	3Miles	30 Min Crosstrain	3Miles	30 Min Crosstrain	Rest
9	7/30	6M	none	Rest	3Miles	30 Min Crosstrain	3Miles	30 Min Crosstrain	Rest
10	8/6	9M	none	Rest	3Miles	20 Min Crosstrain	3Miles	20 Min Crosstrain	Rest
11	8/13	6M	none	Rest	3Miles	20 Min Crosstrain	3Miles	20 Min Crosstrain	Rest
12	8/20	10M	none	Rest	3Miles	20 Min Crosstrain	3Miles	20 Min Crosstrain	Rest