



TRAINING SCHEDULE FOR:
 Malibu Half Marathon
 November 6, 2022

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

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