

**Bridge to Half Group**  
**Fall Session 9/3/22 - 11/19/22**



- \*9/11/22 Santa Monica Classic**
- \*9/24/22 Homeboy Industries 5K**
- \*10/29/22 Whittier Spooktacular 5K**
- \*10/30/22 Run the 110 Frwy 5K**
- \*11/6/22 Malibu Half Marathon & 5K**

Week	Date	Saturday	Intervals	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday
1	9/3	4M	5:1	Rest	4Miles	20 Min Crosstrain	3Miles	20 Min Crosstrain	Rest
2	9/10	5M	6:1	Rest	4Miles	20 Min Crosstrain	3Miles	20 Min Crosstrain	Rest
3	9/17	5M	7:1	Rest	4Miles	20 Min Crosstrain	3Miles	20 Min Crosstrain	Rest
4	9/24	6M	7:1	Rest	4Miles	20 Min Crosstrain	3Miles	20 Min Crosstrain	Rest
5	10/1	4M	8:1	Rest	4Miles	20 Min Crosstrain	4Miles	20 Min Crosstrain	Rest
6	10/8	7M	8:1	Rest	4Miles	20 Min Crosstrain	4Miles	20 Min Crosstrain	Rest
7	10/15	8M	none	Rest	5Miles	30 Min Crosstrain	4Miles	30 Min Crosstrain	Rest
8	10/22	9M	none	Rest	5Miles	30 Min Crosstrain	4Miles	30 Min Crosstrain	Rest
9	10/29	6M	none	Rest	5Miles	30 Min Crosstrain	5Miles	30 Min Crosstrain	Rest
10	11/5	10M	none	Rest	5Miles	20 Min Crosstrain	5Miles	20 Min Crosstrain	Rest
11	11/12	11M	none	Rest	5Miles	20 Min Crosstrain	5Miles	20 Min Crosstrain	Rest
12	11/19	12M	none	Rest	5Miles	20 Min Crosstrain	3Miles	20 Min Crosstrain	Rest