



TRAINING SCHEDULE FOR:
Rose Bowl Half Marathon
January 15, 2023

In-Person

Week	Date	Sat Miles	Sun	Mon	Tue	Wed	Thu	Fri
1	10/22	3	Hike/Walk	3-5 Miles Negative Splits	Cross-train 45- 60min	3-5 Miles easy with hills	Cross-train 45-60min	Rest
2	10/29	4	Hike/Walk	3-5 Miles Negative Splits	Cross-train 45- 60min	3-5 Miles easy with hills	Cross-train 45-60min	Rest
3	11/5	6	Hike/Walk	3-5 Miles Negative Splits	Cross-train 45- 60min	3-5 Miles easy with hills	Cross-train 45-60min	Rest
4	11/12	6	Hike/Walk	3-5 Miles Negative Splits	Cross-train 45- 60min	3-5 Miles easy with hills	Cross-train 45-60min	Rest
5	11/19	8	Hike/Walk	3-5 Miles Negative Splits	Cross-train 45- 60min	3-5 Miles easy with hills	Cross-train 45-60min	Rest
6	11/26	9	Hike/Walk	4-6 Miles Negative Splits	Cross-train 45- 60min	3-5 Miles easy with hills	Cross-train 45-60min	Rest
7	12/3	10	Hike/Walk	4-6 Miles Negative Splits	Cross-train 45- 60min	3-5 Miles easy with hills	Cross-train 45-60min	Rest
8	12/10	10	Hike/Walk	4-6 Miles Negative Splits	Cross-train 45- 60min	3-5 Miles easy with hills	Cross-train 45-60min	Rest
9	12/17	8	Hike/Walk	4-6 Miles Negative Splits	Cross-train 45- 60min	3-5 Miles easy with hills	Cross-train 45-60min	Rest
10	12/24	12	Hike/Walk	4-6 Miles Negative Splits	Cross-train 45- 60min	3-5 Miles easy with hills	Cross-train 45-60min	Rest
11	12/31	10	Hike/Walk	4-6 Miles Negative Splits	Cross-train 45- 60min	3-5 Miles easy NO hills	Cross-train 45-60min	Rest
12	1/7	6	Hike/Walk	4-6 Miles Negative Splits	Cross-train 30min	3-5 Miles easy NO hills	Cross-train 45-60min	Rest
13	1/14	Rest	Race Day	Walk 30min Medal Monday	Yoga	Easy run 30min	Yoga/Swim	Rest

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