

Bridge to Half Group
Winter Session 12/3/22 - 2/18/23



***1/15/23 Rose Bowl Half / 5K**

***2/19/23 LA Chinatown Firecracker 5K/10K**

Week	Date	Saturday	Intervals	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday
1	12/3	4M	5:1	Rest	4Miles	20 Min Crosstrain	3Miles	20 Min Crosstrain	Rest
2	12/10	5M	6:1	Rest	4Miles	20 Min Crosstrain	3Miles	20 Min Crosstrain	Rest
3	12/17	5M	7:1	Rest	4Miles	20 Min Crosstrain	3Miles	20 Min Crosstrain	Rest
4	12/24	6M	7:1	Rest	4Miles	20 Min Crosstrain	3Miles	20 Min Crosstrain	Rest
5	12/31	4M	8:1	Rest	4Miles	20 Min Crosstrain	4Miles	20 Min Crosstrain	Rest
6	1/7	7M	8:1	Rest	4Miles	20 Min Crosstrain	4Miles	20 Min Crosstrain	Rest
7	1/14	8M	none	Rest	5Miles	30 Min Crosstrain	4Miles	30 Min Crosstrain	Rest
8	1/21	9M	none	Rest	5Miles	30 Min Crosstrain	4Miles	30 Min Crosstrain	Rest
9	1/28	6M	none	Rest	5Miles	30 Min Crosstrain	5Miles	30 Min Crosstrain	Rest
10	2/4	10M	none	Rest	5Miles	20 Min Crosstrain	5Miles	20 Min Crosstrain	Rest
11	2/11	11M	none	Rest	5Miles	20 Min Crosstrain	5Miles	20 Min Crosstrain	Rest
12	2/18	12M	none	Rest	5Miles	20 Min Crosstrain	3Miles	20 Min Crosstrain	Rest