

Bridge to Half Group  
Spring Session 3/4/23 - 5/20/23



- \*3/11/23 Shamrock 5K (Santa Fe Springs)
- \*3/18/23 Big5K (Dodgers Stadium)
- \*3/19/23 LA Marathon (volunteers needed)
- \*4/8/23 Santa Anita Derby Day 5K
- \*4/22/23 Shelter's Right Hand 5K Walk (Whittier)
- \*5/6/23 Nurse's Rock 5K/10K (San Dimas)

Week	Date	Saturday	Intervals	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday
1	3/4	4M	5:1	Rest	3Miles	20 Min Crosstrain	3Miles	20 Min Crosstrain	Rest
2	3/11	5M	6:1	Rest	3Miles	20 Min Crosstrain	3Miles	20 Min Crosstrain	Rest
3	3/18	5M	7:1	Rest	3Miles	20 Min Crosstrain	3Miles	20 Min Crosstrain	Rest
4	3/25	6M	7:1	Rest	3Miles	20 Min Crosstrain	3Miles	20 Min Crosstrain	Rest
5	4/1	4M	8:1	Rest	3Miles	20 Min Crosstrain	4Miles	20 Min Crosstrain	Rest
6	4/8	7M	8:1	Rest	3Miles	20 Min Crosstrain	4Miles	20 Min Crosstrain	Rest
7	4/15	8M	none	Rest	4Miles	30 Min Crosstrain	4Miles	30 Min Crosstrain	Rest
8	4/22	9M	none	Rest	4Miles	30 Min Crosstrain	4Miles	30 Min Crosstrain	Rest
9	4/29	6M	none	Rest	4Miles	30 Min Crosstrain	5Miles	30 Min Crosstrain	Rest
10	5/6	10M	none	Rest	4Miles	20 Min Crosstrain	5Miles	20 Min Crosstrain	Rest
11	5/13	11M	none	Rest	4Miles	20 Min Crosstrain	5Miles	20 Min Crosstrain	Rest
12	5/20	12M	none	Rest	4Miles	20 Min Crosstrain	3Miles	20 Min Crosstrain	Rest