

## TRAINING SCHEDULE FOR: Mountains 2 Beach Half Marathon May 21, 2023

		Sat			_			
Week	Date	Miles	Sun	Mon	Tue	Wed	Thu	Fri
					Cross-train 45-		Cross-train	
1	2/25	3	Hike/Walk	4 Miles	60min	4 Miles	45-60min	Rest
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					Cross-train 45-		Cross-train	
2	3/4	4	Hike/Walk	4 Miles	60min	4 Miles	45-60min	Rest
					Cross-train 45-		Cross-train	
3	3/11	6	Hike/Walk	4 Miles	60min	4 Miles	45-60min	Rest
3	3/11	0	TIIKE/ Walk	4 1/111/63	OOM	4 1/11163	43-0011111	Nest
					Cross-train 45-		Cross-train	
4	3/18	6	Hike/Walk	4 Miles	60min	4 Miles	45-60min	Rest
					Cross-train 45-		Cross-train	
5	3/25	8	Hike/Walk	4 Miles	60min	4 Miles	45-60min	Rest
					Cross-train 45-		Cross-train	
6	4/1	9	Hike/Walk	4 Miles	60min	4 Miles	45-60min	Rest
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					Cross-train 45-		Cross-train	
7	4/8	10	Hike/Walk	4 Miles	60min	4 Miles	45-60min	Rest
	4/45	40	647.11	4 5 4 1	Cross-train 45-	4 5 4 1	Cross-train	
8	4/15	10	Hike/Walk	4 Miles	60min	4 Miles	45-60min	Rest
					Cross-train 45-		Cross-train	
9	4/22	8	Hike/Walk	4 Miles	60min	4 Miles	45-60min	Rest
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					Cross-train 45-		Cross-train	
10	4/29	12	Hike/Walk	4 Miles	60min	4 Miles	45-60min	Rest
					Cross train 45		Cross train	
11	F /6	10	Hiko /Malk	4 Miles	Cross-train 45-	4 Miles	Cross-train 45-60min	Post
11	5/6	10	Hike/Walk	4 Miles	60min	4 Miles	43-00111111	Rest
					Cross-train		Cross-train	
12	5/13	6	Hike/Walk	3 Miles	30min	Rest	45-60min	Rest
	-			Walk				
				30min				
				Medal		Easy run		
13	5/20	Rest	Race Day	Monday	Yoga	30min	Yoga/Swim	Rest