



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

In-Person

Week	Date	Sat Miles	Sun	Mon	Tue	Wed	Thu	Fri
1	2/25	3	Hike/Walk	4 Miles	Cross-train 45-60min	4 Miles	Cross-train 45-60min	Rest
2	3/4	4	Hike/Walk	4 Miles	Cross-train 45-60min	4 Miles	Cross-train 45-60min	Rest
3	3/11	6	Hike/Walk	4 Miles	Cross-train 45-60min	4 Miles	Cross-train 45-60min	Rest
4	3/18	6	Hike/Walk	4 Miles	Cross-train 45-60min	4 Miles	Cross-train 45-60min	Rest
5	3/25	8	Hike/Walk	4 Miles	Cross-train 45-60min	4 Miles	Cross-train 45-60min	Rest
6	4/1	9	Hike/Walk	4 Miles	Cross-train 45-60min	4 Miles	Cross-train 45-60min	Rest
7	4/8	10	Hike/Walk	4 Miles	Cross-train 45-60min	4 Miles	Cross-train 45-60min	Rest
8	4/15	10	Hike/Walk	4 Miles	Cross-train 45-60min	4 Miles	Cross-train 45-60min	Rest
9	4/22	8	Hike/Walk	4 Miles	Cross-train 45-60min	4 Miles	Cross-train 45-60min	Rest
10	4/29	12	Hike/Walk	4 Miles	Cross-train 45-60min	4 Miles	Cross-train 45-60min	Rest
11	5/6	10	Hike/Walk	4 Miles	Cross-train 45-60min	4 Miles	Cross-train 45-60min	Rest
12	5/13	6	Hike/Walk	3 Miles	Cross-train 30min	Rest	Cross-train 45-60min	Rest
13	5/20	Rest	Race Day	Walk 30min Medal Monday	Yoga	Easy run 30min	Yoga/Swim	Rest

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