

Bridge to Half Group
Summer Session 6/3/23 - 8/19/23



***6/10/23 Finish the Run 5K, 10K, half marathon (griffith Park)**

***8/5/23 Pride of the Valley 5K (Baldwin Park)**

Week	Date	Saturday	Intervals	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday
1	6/3	4M	5:1	Rest	3Miles	20 Min Crosstrain	3Miles	20 Min Crosstrain	Rest
2	6/10	5M	6:1	Rest	3Miles	20 Min Crosstrain	3Miles	20 Min Crosstrain	Rest
3	6/17	6M	7:1	Rest	3Miles	20 Min Crosstrain	3Miles	20 Min Crosstrain	Rest
4	6/24	7M	7:1	Rest	3Miles	20 Min Crosstrain	3Miles	20 Min Crosstrain	Rest
5	7/1	6M	8:1	Rest	3Miles	20 Min Crosstrain	4Miles	20 Min Crosstrain	Rest
6	7/8	8M	8:1	Rest	3Miles	20 Min Crosstrain	4Miles	20 Min Crosstrain	Rest
7	7/15	6M	none	Rest	4Miles	30 Min Crosstrain	4Miles	30 Min Crosstrain	Rest
8	7/22	9M	none	Rest	4Miles	30 Min Crosstrain	4Miles	30 Min Crosstrain	Rest
9	7/29	6M	none	Rest	4Miles	30 Min Crosstrain	5Miles	30 Min Crosstrain	Rest
10	8/5	9M	none	Rest	4Miles	20 Min Crosstrain	5Miles	20 Min Crosstrain	Rest
11	8/12	6M	none	Rest	4Miles	20 Min Crosstrain	5Miles	20 Min Crosstrain	Rest
12	8/19	10M	none	Rest	4Miles	20 Min Crosstrain	3Miles	20 Min Crosstrain	Rest