



TRAINING SCHEDULE FOR: Rose Bowl Half Marathon January 21, 2024

In-Person

Week	Date	Sat Miles	Sun	Mon	Tue	Wed	Thu	Fri
1	10/28	3	Hike/Walk	3-5 Miles Negative Splits	Cross-train 45- 60min	3-5 Miles easy with hills	Cross-train 45-60min	Rest
2	11/4	4	Hike/Walk	3-5 Miles Negative Splits	Cross-train 45- 60min	3-5 Miles easy with hills	Cross-train 45-60min	Rest
3	11/11	6	Hike/Walk	3-5 Miles Negative Splits	Cross-train 45- 60min	3-5 Miles easy with hills	Cross-train 45-60min	Rest
4	11/18	6	Hike/Walk	3-5 Miles Negative Splits	Cross-train 45- 60min	3-5 Miles easy with hills	Cross-train 45-60min	Rest
5	11/25	8	Hike/Walk	3-5 Miles Negative Splits	Cross-train 45- 60min	3-5 Miles easy with hills	Cross-train 45-60min	Rest
6	12/2	9	Hike/Walk	4-6 Miles Negative Splits	Cross-train 45- 60min	3-5 Miles easy with hills	Cross-train 45-60min	Rest
7	12/9	10	Hike/Walk	4-6 Miles Negative Splits	Cross-train 45- 60min	3-5 Miles easy with hills	Cross-train 45-60min	Rest
8	12/16	10	Hike/Walk	4-6 Miles Negative Splits	Cross-train 45- 60min	3-5 Miles easy with hills	Cross-train 45-60min	Rest
9	12/23	8	Hike/Walk	4-6 Miles Negative Splits	Cross-train 45- 60min	3-5 Miles easy with hills	Cross-train 45-60min	Rest
10	12/30	12	Hike/Walk	4-6 Miles Negative Splits	Cross-train 45- 60min	3-5 Miles easy with hills	Cross-train 45-60min	Rest
11	1/6	10	Hike/Walk	4-6 Miles Negative Splits	Cross-train 45- 60min	3-5 Miles easy NO hills	Cross-train 45-60min	Rest
12	1/13	6	Hike/Walk	4-6 Miles Negative Splits	Cross-train 30min	3-5 Miles easy NO hills	Cross-train 45-60min	Rest
13	1/20	Rest	Race Day	Walk 30min Medal Monday	Yoga	Easy run 30min	Yoga/Swim	Rest

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