



TRAINING SCHEDULE FOR:
Mountains 2 Beach Half Marathon
April 28, 2024

In-Person

Week	Date	Sat Miles	Sun	Mon	Tue	Wed	Thu	Fri
1	2/3	3	Hike/Walk	3-5 Miles Negative Splits	Cross-train 45- 60min	3-5 Miles easy with hills	Cross-train 45-60min	Rest
2	2/10	4	Hike/Walk	3-5 Miles Negative Splits	Cross-train 45- 60min	3-5 Miles easy with hills	Cross-train 45-60min	Rest
3	2/17	6	Hike/Walk	3-5 Miles Negative Splits	Cross-train 45- 60min	3-5 Miles easy with hills	Cross-train 45-60min	Rest
4	2/24	6	Hike/Walk	3-5 Miles Negative Splits	Cross-train 45- 60min	3-5 Miles easy with hills	Cross-train 45-60min	Rest
5	3/2	8	Hike/Walk	3-5 Miles Negative Splits	Cross-train 45- 60min	3-5 Miles easy with hills	Cross-train 45-60min	Rest
6	3/9	9	Hike/Walk	4-6 Miles Negative Splits	Cross-train 45- 60min	3-5 Miles easy with hills	Cross-train 45-60min	Rest
7	3/16	10	Hike/Walk	4-6 Miles Negative Splits	Cross-train 45- 60min	3-5 Miles easy with hills	Cross-train 45-60min	Rest
8	3/23	10	Hike/Walk	4-6 Miles Negative Splits	Cross-train 45- 60min	3-5 Miles easy with hills	Cross-train 45-60min	Rest
9	3/30	8	Hike/Walk	4-6 Miles Negative Splits	Cross-train 45- 60min	3-5 Miles easy with hills	Cross-train 45-60min	Rest
10	4/6	12	Hike/Walk	4-6 Miles Negative Splits	Cross-train 45- 60min	3-5 Miles easy with hills	Cross-train 45-60min	Rest
11	4/13	10	Hike/Walk	4-6 Miles Negative Splits	Cross-train 45- 60min	3-5 Miles easy NO hills	Cross-train 45-60min	Rest
12	4/20	6	Hike/Walk	4-6 Miles Negative Splits	Cross-train 30min	3-5 Miles easy NO hills	Cross-train 45-60min	Rest
13	4/27	Rest	Race Day	Walk 30min Medal Monday	Yoga	Easy run 30min	Yoga/Swim	Rest

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