



**TRAINING SCHEDULE FOR:**  
**OC Half Marathon**  
**May 5, 2024**

In-Person

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

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