



OC HALF MARATHON – May 4, 2025

WEEK	DATE	SATURDAY MILES	SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
1	2/8	4	Walk/Hike	Strength 4miles	Cross-train 45-60 min	Strength 4miles	Cross-train 45-60 min	REST
2	2/15	4	Walk/Hike	Strength 4miles	Cross-train 45-60 min	Strength 4miles	Cross-train 45-60 min	REST
3	2/22	6	Walk/Hike	Strength 4miles	Cross-train 45-60 min	Strength 4miles	Cross-train 45-60 min	REST
4	3/1	6	Walk/Hike	Strength 4miles	Cross-train 45-60 min	Strength 4miles	Cross-train 45-60 min	REST
5	3/8	8	Walk/Hike	Strength 4miles	Cross-train 45-60 min	Strength 4miles	Cross-train 45-60 min	REST
6	3/15	9	Walk/Hike	Strength 4miles	Cross-train 45-60 min	Strength 4miles	Cross-train 45-60 min	REST
7	3/22	10	Walk/Hike	Strength 4miles	Cross-train 45-60 min	Strength 4miles	Cross-train 45-60 min	REST
8	3/29	10	Walk/Hike	Strength 4miles	Cross-train 45-60 min	Strength 4miles	Cross-train 45-60 min	REST
9	4/5	8	Walk/Hike	Strength 4miles	Cross-train 45-60 min	Strength 4miles	Cross-train 45-60 min	REST
10	4/12	12	Walk/Hike	Strength 4miles	Cross-train 45-60 min	Strength 4miles	Cross-train 45-60 min	REST
11	4/19	10	Walk/Hike	Strength 4miles	Cross-train 45-60 min	Strength 4miles	Cross-train 45-60 min	REST
12	4/26	6	Walk/Hike	3 miles	Cross-train 30 min	3 miles	Cross-train 45-60 min	REST
13	5/3	2-3 Mile shakeout run	RACE DAY 5/4	Walk 30 Min Medal Mon	YOGA	Easy run 30 min	Yoga/Swim	REST

Cross-training = Swim, bike, stretch, walk, yoga, elliptical, etc.