



## OC HALF MARATHON – May 3, 2026

WEEK	DATE	SATURDAY MILES	SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
1	2/7	5	Walk/Hike	Strength 4miles	Cross-train 45-60 min	Strength 3miles	Cross-train 45-60 min	REST
2	2/14	5	Walk/Hike	Strength 4miles	Cross-train 45-60 min	Strength 3miles	Cross-train 45-60 min	REST
3	2/21	6	Walk/Hike	Strength 4miles	Cross-train 45-60 min	Strength 3miles	Cross-train 45-60 min	REST
4	2/28	6	Walk/Hike	Strength 4miles	Cross-train 45-60 min	Strength 3miles	Cross-train 45-60 min	REST
5	3/7	8	Walk/Hike	Strength 4miles	Cross-train 45-60 min	Strength 3miles	Cross-train 45-60 min	REST
6	3/14	9	Walk/Hike	Strength 4miles	Cross-train 45-60 min	Strength 5miles	Cross-train 45-60 min	REST
7	3/21	10	Walk/Hike	Strength 4miles	Cross-train 45-60 min	Strength 5miles	Cross-train 45-60 min	REST
8	3/28	10	Walk/Hike	Strength 4miles	Cross-train 45-60 min	Strength 5miles	Cross-train 45-60 min	REST
9	4/4	8	Walk/Hike	Strength 4miles	Cross-train 45-60 min	Strength 5miles	Cross-train 45-60 min	REST
10	4/11	12	Walk/Hike	Strength 4miles	Cross-train 45-60 min	Strength 5miles	Cross-train 45-60 min	REST
11	4/18	10	Walk/Hike	Strength 4miles	Cross-train 45-60 min	Strength 5miles	Cross-train 45-60 min	REST
12	4/25	6	Walk/Hike	3 miles	Cross-train 30 min	3 miles	Cross-train 45-60 min	REST
13	5/2	<b>2-3 Mile shakeout run</b>	<b>RACE DAY 5/3</b>	<b>Walk 30 Min Medal Mon</b>	YOGA	Easy run 30 min	Yoga/Swim	REST

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