



ROSE BOWL HALF MARATHON – January 17, 2027

WEEK	DATE	SATURDAY MILES	SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
1	10/3	5	Walk/Hike	Strength 3miles	Cross-train 45-60 min	Strength 3miles	Cross-train 45-60 min	REST
2.	10/10	6	Walk/Hike	Strength 3miles	Cross-train 45-60 min	Strength 3miles	Cross-train 45-60 min	REST
3.	10/17	7	Walk/Hike	Strength 3miles	Cross-train 45-60 min	Strength 3miles	Cross-train 45-60 min	REST
4.	10/24	8	Walk/Hike	Strength 3miles	Cross-train 45-60 min	Strength 3miles	Cross-train 45-60 min	REST
5.	10/31	9	Walk/Hike	Strength 5miles	Cross-train 45-60 min	Strength 3miles	Cross-train 45-60 min	REST
6.	11/7	10	Walk/Hike	Strength 5miles	Cross-train 45-60 min	Strength 3miles	Cross-train 45-60 min	REST
7.	11/14	8	Walk/Hike	Strength 5miles	Cross-train 45-60 min	Strength 3miles	Cross-train 45-60 min	REST
8.	11/21	10	Walk/Hike	Strength 5miles	Cross-train 45-60 min	Strength 3miles	Cross-train 45-60 min	REST
9.	11/28	12	Walk/Hike	Strength 5miles	Cross-train 45-60 min	Strength 5miles	Cross-train 45-60 min	REST
10.	12/5	10	Walk/Hike	Strength 5miles	Cross-train 45-60 min	Strength 5miles	Cross-train 45-60 min	REST
11.	12/12	12	Walk/Hike	Strength 5miles	Cross-train 45-60 min	Strength 5miles	Cross-train 45-60 min	REST
12.	12/19	8	Walk/Hike	Strength 5miles	Cross-train 45-60 min	Strength 5miles	Cross-train 45-60 min	REST
13.	12/26	12	Walk/Hike	Strength 5miles	Cross-train 45-60 min	Strength 5miles	Cross-train 45-60 min	REST
14.	1/2	10	Walk/Hike	Strength 5miles	Cross-train 45-60 min	Strength 5miles	Cross-train 45-60 min	REST
15	1/9	6	Walk/Hike	3 miles	Cross-train 30 min	3 miles	Cross-train 45-60 min	REST
16.	1/16	3 Mile shakeout run	RACE DAY 1/17	Walk 30 Min Medal Mon	YOGA	Easy run 30 min	Yoga/Swim	REST

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