



TRAINING SCHEDULE FOR: 2027 Rose Bowl Half Marathon

Week	Date	Sat. Miles	Sun.	Mon.	Tues.	Wed.	Thurs.	Fri.
1	10/24	4	Run 30 min	Cross-train 45-60 min	Run 40 min	Cross-train 45-60 min	Strength 4 miles	Rest
2	10/31	5	Run 30 min	Cross-train 45-60 min	Run 40 min	Run 50 min or DLC Speed training	Strength 4 miles	Rest
3	11/7	6	Run 30 min	Cross-train 45-60 min	Run 40 min	Run 50 min or DLC Speed Training	Strength 4 miles	Rest
4	11/14	7	Run 30 min	Cross-train 45-60 min	Run 40 min	Run 60 min or DLC Speed Training	Strength 4 miles	Rest
5	11/21	8	Run 30 min	Cross-train 45-60 min	Run 40 min	Run 40 min or DLC Speed Training	Strength 4 miles	Rest
6	11/28	9	Run 30 min	Cross-train 45-60 min	Run 40 min	Run 60 min or DLC Speed Training	Strength 4 miles	Rest
7	12/5	10	Run 30 min	Cross-train 45-60 min	Run 40 min	Run 50 min or DLC Speed Training	Strength 4 miles	Rest
8	12/12	11	Run 30 min	Cross-train 45-60 min	Run 40 min	Run 40 min or DLC Speed Training	Strength 4 miles	Rest

9	12/19	12	Run 30 min	Cross-train 45-60 min	Run 40 min	Run 60 min or DLC Speed Training	Strength 4 miles	Rest
10	12/26	13	Run 30 min	Cross-train 45-60 min	Run 40 min	Run 40 min or DLC Speed Training	Strength 4 miles	Rest
11	1/2	12	Run 30 min	Cross-train 45-60 min	Run 40 min	Run 40 min or DLC Speed Training	Strength 4 miles	Rest
12	1/9	6	Run 30 min	Cross-train 30 min	Run 40 min	Run 50 min or DLC Speed Training	Rest	Rest
13	1/16	REST	13.1 miles	Wear your medal all day	Run 10 min	Yoga/Swim	Walk 30 min	Rest