



TRAINING SCHEDULE FOR:
Joshua Tree Half Marathon
November 2, 2024

In-Person

Week	Date	Sat Miles	Sun	Mon	Tue	Wed	Thu	Fri
1	8/10	3	Hike/Walk	3-5 Miles Negative Splits	Cross-train 45- 60min	3-5 Miles easy with hills	Cross-train 45-60min	Rest
2	8/17	4	Hike/Walk	3-5 Miles Negative Splits	Cross-train 45- 60min	3-5 Miles easy with hills	Cross-train 45-60min	Rest
3	8/24	6	Hike/Walk	3-5 Miles Negative Splits	Cross-train 45- 60min	3-5 Miles easy with hills	Cross-train 45-60min	Rest
4	8/31	6	Hike/Walk	3-5 Miles Negative Splits	Cross-train 45- 60min	3-5 Miles easy with hills	Cross-train 45-60min	Rest
5	9/7	8	Hike/Walk	3-5 Miles Negative Splits	Cross-train 45- 60min	3-5 Miles easy with hills	Cross-train 45-60min	Rest
6	9/14	9	Hike/Walk	4-6 Miles Negative Splits	Cross-train 45- 60min	3-5 Miles easy with hills	Cross-train 45-60min	Rest
7	9/21	10	Hike/Walk	4-6 Miles Negative Splits	Cross-train 45- 60min	3-5 Miles easy with hills	Cross-train 45-60min	Rest
8	9/28	10	Hike/Walk	4-6 Miles Negative Splits	Cross-train 45- 60min	3-5 Miles easy with hills	Cross-train 45-60min	Rest
9	10/5	8	Hike/Walk	4-6 Miles Negative Splits	Cross-train 45- 60min	3-5 Miles easy with hills	Cross-train 45-60min	Rest
10	10/12	12	Hike/Walk	4-6 Miles Negative Splits	Cross-train 45- 60min	3-5 Miles easy with hills	Cross-train 45-60min	Rest
11	10/19	10	Hike/Walk	4-6 Miles Negative Splits	Cross-train 45- 60min	3-5 Miles easy NO hills	Cross-train 45-60min	Rest
12	10/26	6	Hike/Walk	4-6 Miles Negative Splits	Cross-train 30min	3-5 Miles easy NO hills	Cross-train 45-60min	Rest
13	11/2	Rest	Race Day	Walk 30min Medal Monday	Yoga	Easy run 30min	Yoga/Swim	Rest

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