

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

		Sat						
Week	Date	Miles	Sun	Mon	Tue	Wed	Thu	Fri
				3-5 Miles		3-5 Miles		
				Negative	Cross-train 45-	,		
1	8/10	3	Hike/Walk	Splits	60min	hills	45-60min	Rest
				3-5 Miles		3-5 Miles		
	0/47		6	Negative	Cross-train 45-	-	Cross-train	
2	8/17	4	Hike/Walk	Splits 3-5 Miles	60min	hills 3-5 Miles	45-60min	Rest
				Negative	Cross-train 45-		Cross-train	
3	8/24	6	Hike/Walk	Splits	60min	hills	45-60min	Rest
3	0/ 24	0	Tilke/ Walk	3-5 Miles	OOM	3-5 Miles	45-0011111	Nest
				Negative	Cross-train 45-	easy with	Cross-train	
4	8/31	6	Hike/Walk	Splits	60min	hills	45-60min	Rest
	•		<u> </u>	3-5 Miles		3-5 Miles		
				Negative	Cross-train 45-	easy with	Cross-train	
5	9/7	8	Hike/Walk	Splits	60min	hills	45-60min	Rest
				4-6 Miles		3-5 Miles		
				Negative	Cross-train 45-			
6	9/14	9	Hike/Walk	Splits	60min	hills	45-60min	Rest
				4-6 Miles		3-5 Miles		
_	0/24	4.0	// //	Negative	Cross-train 45-	-		
7	9/21	10	Hike/Walk	Splits 4-6 Miles	60min	hills 3-5 Miles	45-60min	Rest
				Negative	Cross-train 45-		Cross-train	
8	9/28	10	Hike/Walk	Splits	60min	hills	45-60min	Rest
0	3/20	10	Tilke/ Walk	4-6 Miles	OOM	3-5 Miles	45-0011111	IVEST
				Negative	Cross-train 45-	easy with	Cross-train	
9	10/5	8	Hike/Walk	Splits	60min	hills	45-60min	Rest
	,		<u> </u>	4-6 Miles		3-5 Miles		
				Negative	Cross-train 45-	easy with	Cross-train	
10	10/12	12	Hike/Walk	Splits	60min	hills	45-60min	Rest
				4-6 Miles		3-5 Miles		
				Negative	Cross-train 45-	,	Cross-train	
11	10/19	10	Hike/Walk	Splits	60min	hills	45-60min	Rest
				4-6 Miles		3-5 Miles		
10	10/25	_	/	Negative	Cross-train	easy NO	Cross-train	
12	10/26	6	Hike/Walk	Splits Walk	30min	hills	45-60min	Rest
				30min		Each sin		
12	11/2	Doct	Bass Barr	Medal	Voga	Easy run	Voge /Seeding	Doct
13	11/2	Rest	Race Day	Monday	Yoga	30min	Yoga/Swim	Rest