

TRAINING SCHEDULE FOR: Revel Big Bear Half Marathon November 16, 2024

		Sat						
Week	Date	Miles	Sun	Mon	Tue	Wed	Thu	Fri
				3-5 Miles		3-5 Miles		
				Negative	Cross-train 45	easy with	Cross-train	
1	8/24	3	Hike/Walk	Splits	60min	hills	45-60min	Rest
				3-5 Miles		3-5 Miles		
				Negative	Cross-train 45	easy with	Cross-train	
2	8/31	4	Hike/Walk	Splits	60min	hills	45-60min	Rest
				3-5 Miles		3-5 Miles		
				Negative	Cross-train 45	easy with	Cross-train	
3	9/7	6	Hike/Walk	Splits	60min	hills	45-60min	Rest
	,		,	3-5 Miles		3-5 Miles		
				Negative	Cross-train 45	easy with	Cross-train	
4	9/14	6	Hike/Walk	Splits	60min	hills	45-60min	Rest
	- /		,	3-5 Miles		3-5 Miles		
				Negative	Cross-train 45	easy with	Cross-train	
5	9/21	8	Hike/Walk	Splits	60min	hills	45-60min	Rest
	5, ==		Time, train	4-6 Miles		3-5 Miles		
				Negative	Cross-train 45	easy with	Cross-train	
6	9/28	9	Hike/Walk	Splits	60min	hills	45-60min	Rest
	3/20		rinc, wan	4-6 Miles	00111111	3-5 Miles	15 00111111	rese
				Negative	Cross-train 45		Cross-train	
7	10/5	10	Hike/Walk	Splits	60min	hills	45-60min	Rest
	10/3	10	Tirke, wark	4-6 Miles	0011111	3-5 Miles	45 00111111	itest
				Negative	Cross-train 45		Cross-train	
8	10/12	10	Hike/Walk	Splits	60min	hills	45-60min	Rest
-	10/12	10	Tirke, wark	4-6 Miles	0011111	3-5 Miles	45-0011111	itest
				Negative	Cross-train 45		Cross-train	
9	10/19	8	Hike/Walk	Splits	60min	hills	45-60min	Rest
9	10/19	8	Tilke/ Walk	4-6 Miles	0011111	3-5 Miles	43-0011111	ivest
				Negative	Cross-train 45		Cross-train	
10	10/26	12	Hike/Walk	Splits		hills	45-60min	Rest
10	10/20	12	nike/ waik	4-6 Miles	BUITIIII	3-5 Miles	45-6011111	nest
				Negative	Cross-train 45		Cross-train	
11	11/2	10	Hiko /Malk	_		hills		Post
11	11/2	10	Hike/Walk	Splits 4-6 Miles	60min	3-5 Miles	45-60min	Rest
					Cross train		Cross train	
12	11/0	_	Hile /M-II.	Negative	Cross-train	easy NO	Cross-train	Doct
12	11/9	6	Hike/Walk	Splits	30min	hills	45-60min	Rest
				Walk				
				30min		_		
				Medal		Easy run	,	
13	11/16	Rest	Race Day	Monday	Yoga	30min	Yoga/Swim	Rest