



LONG BEACH MARATHON – October 15, 2023

WEEK	DATE	SATURDAY MILES	SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
1	4/15	4 MI EASY P*	ACTIVE RECOVERY	3 MI EASY+	3 MI EASY+	3 MI TEMPO 1 MI EASY 1 MI @ TP CD to Total	STRENGHT TRAIN LOW HR 45-60 min	ACTIVE RECOVERY
2	4/22	5 MI EASY P*	ACTIVE RECOVERY	3 MI EASY+	3 MI EASY+	3 MI TEMPO 1 MI EASY 1 MI @ TP CD to Total	STRENGHT TRAIN LOW HR 45-60 min	ACTIVE RECOVERY
3	4/29	6 MI EASY P*	ACTIVE RECOVERY	3 MI EASY+	3 MI EASY+	3 MI TEMPO 1 MI EASY 1 MI @ TP CD to Total	STRENGHT TRAIN LOW HR 45-60 min	ACTIVE RECOVERY
4	5/6	7 MI EASY P*	ACTIVE RECOVERY	4 MI EASY+	4 MI EASY+	3 MI TEMPO 1 MI EASY 1MI @ TP CD to Total	STRENGHT TRAIN LOW HR 45-60 min	ACTIVE RECOVERY
5	5/13	8 MI EASY P*	ACTIVE RECOVERY	4 MI EASY+	4 MI EASY+	4 MI TEMPO 1 MI EASY 2 MI @ TP CD to Total	STRENGHT TRAIN LOW HR 45-60 min	ACTIVE RECOVERY
6	5/20	10 MI EASY P*	ACTIVE RECOVERY	4 MI EASY+	4 MI EASY+	4 MI TEMPO 1 MI EASY 2 MI @ TP CD to Total	STRENGHT TRAIN LOW HR 45-60 min	ACTIVE RECOVERY
7	5/27	12 MI EASY P*	ACTIVE RECOVERY	4 MI EASY+	4 MI EASY+	5 MI PROGRESSIVE	STRENGHT TRAIN LOW HR 45-60 min	ACTIVE RECOVERY
8	6/3	13 MI EASY P*	ACTIVE RECOVERY	3 MI EASY+	3 MI EASY+	5 MI TEMPO 1 MI EASY 3x1 MI @ TP w/ 2 min RP CD to Total	STRENGHT TRAIN LOW HR 45-60 min	ACTIVE RECOVERY
9	6/10	10 MI EASY P*	ACTIVE RECOVERY	5 MI EASY+	5 MI EASY+	6 MI PROGRESSIVE	STRENGHT TRAIN LOW HR 45-60 min	ACTIVE RECOVERY
10	6/17	14 MI EASY P*	ACTIVE RECOVERY	5 MI EASY+	5 MI EASY+	4 MI STEADY	STRENGHT TRAIN LHR 45-60 min	ACTIVE RECOVERY
11	6/24	10 MI EASY P*	ACTIVE RECOVERY	5 MI EASY+	5 MI EASY+	5 MI HILLS 2 MI EASY 8 X 30 Sec. Hill Repeats CD to Total	STRENGHT TRAIN LHR 45-60 min	ACTIVE RECOVERY

12	7/1	14 MI EASY P*	ACTIVE RECOVERY	5 MI EASY+	5 MI EASY+	5 MI STEADY	STRENGHT TRAIN LOW HR 45-60 min	ACTIVE RECOVERY
13	7/8	10 MI EASY P*	ACTIVE RECOVERY	5 MI EASY+	5 MI EASY+	6 MI TEMPO 1 MI EASY 4x1 MI @ TP w/ 2 min RP CD to Total	STRENGHT TRAIN LOW HR 45-60 min	ACTIVE RECOVERY
14	7/15	15 MI EASY P*	ACTIVE RECOVERY	5 MI EASY+	5 MI EASY+	5 MI HILLS 2 MI EASY 8 X 30 Sec. Hill Repeats CD to Total	STRENGHT TRAIN LOW HR 45-60 min	ACTIVE RECOVERY
15	7/22	10 MI STEADY	ACTIVE RECOVERY	5 MI EASY+	5 MI EASY+	4 MI STEADY	STRENGHT TRAIN LOW HR 45-60 min	ACTIVE RECOVERY
16	7/29	14 MI EASY P*	ACTIVE RECOVERY	5 MI EASY+	5 MI EASY+	5 MI TEMPO 1 MI EASY 2x1 MI @ TP w/ 2 min RP CD to Total	STRENGHT TRAIN LOW HR 45-60 min	ACTIVE RECOVERY
17	8/5	12 MI EASY P*	ACTIVE RECOVERY	5 MI EASY+	5 MI EASY+	5 MI STEADY	STRENGHT TRAIN LOW HR 45-60 min	ACTIVE RECOVERY
18	8/12	13 MI STEADY	ACTIVE RECOVERY	4 MI EASY+	4 MI EASY+	6 MI HILLS 2 MI EASY 8 X 30 Sec. Hill Repeats CD to Total	STRENGHT TRAIN LOW HR 45-60 min	ACTIVE RECOVERY
19	8/19	16 MI EASY P*	ACTIVE RECOVERY	5 MI EASY+	5 MI EASY+	6 MI STEADY	STRENGHT TRAIN LOW HR 45-60 min	ACTIVE RECOVERY
20	8/26	17/20 MI EASY P*	ACTIVE RECOVERY	5 MI EASY+	5 MI EASY+	7 MI TEMPO 1 MI EASY 2x2 MI @ TP w/ 4 min RP CD to Total	STRENGHT TRAIN LOW HR 45-60 min	ACTIVE RECOVERY
21	9/2	10 MI STEADY	ACTIVE RECOVERY	5 MI EASY+	5 MI EASY+	6 MI HILLS 2 MI EASY 8 X 30 Sec. Hill Repeats CD to Finish	STRENGHT TRAIN LOW HR 45-60 min	ACTIVE RECOVERY
22	9/9	14 MI EASY P*	ACTIVE RECOVERY	5 MI EASY+	5 MI EASY+	6 MI TEMPO 1 MI EASY 4x1 MI @ TP w/ 1 min RP CD to Total	STRENGHT TRAIN LOW HR 45-60 min	ACTIVE RECOVERY
23	9/16	18 MI EASY P*	ACTIVE RECOVERY	5 MI EASY+	5 MI EASY+	6 MI STEADY	STRENGHT TRAIN LHR 45-60 min	ACTIVE RECOVERY

24	9/23	20 MI EASY P*	ACTIVE RECOVERY	5 MI EASY+	5 MI EASY+	6 MI STEADY	STRENGHT TRAIN LOW HR 45-60 min	ACTIVE RECOVERY
25	9/30	15 MI EASY P*	ACTIVE RECOVERY	4 MI EASY+	4 MI EASY+	4 MI STEADY	STRENGHT TRAIN LOW HR 30-45 min	ACTIVE RECOVERY
26	10/7	10 MI EASY P*	ACTIVE RECOVERY	4 MI EASY	4 MI EASY	2 MI EASY	ACTIVE RECOVERY	ACTIVE RECOVERY
27	10/14	REST on Sat. Run 26.2 miles Sun. 10/15	RACE DAY	Walk 3 miles Medal Monday	REST	Walk 4 miles	ACTIVE RECOVERY	ACTIVE RECOVERY
28	10/21	3-4 /Take it slow	REST	After your marathon, take three weeks of really slow running before resuming training. LISTEN TO YOUR BODY!				

EASY P*= Start at Recovery Pace and finish at Easy Pace

EASY+ = Run at Easy Pace and finish w/ 4x20 second strides at HMP during the last mile of the run

HMP= Half Marathon Pace

MP = Marathon Pace

CD = Cool Down Pace (Super Easy Pace)

STEADY = Run first 2 or 4 miles EASY and the rest of the Run at Goal MP

RP= RECOVERY PACE = Very Easy Pace, approximately 1.5 minutes slower than Goal MP

EASY PACE = Pace that is approximately 1 minute slower than Goal MP

TP= TEMPO PACE = Pace that is approximately 15 to 30 seconds faster than Goal MP

Goal MP = Your Goal Marathon Pace (Example: 9 minute Goal MP = 4 hour Marathon)

PROGRESSIVE = Start at Easy Pace and pick up the pace one Mile at a time to HMP. CD at the end.

HILL REPEATS = Run up the hill for the target time, walk or job down the hill and repeat the process

CD to Total= Cool Down Pace until you reach the total miles for the run

ACTIVE RECOVERY= Walk, Yoga, Stretch, Foam Roll, Epson Salt Bath, Ice Bath

STRENGHT TRAINING = Complimentary strength training exercises to make your body stronger for running