



LONG BEACH HALF MARATHON – October 15, 2023

WEEK	DATE	SATURDAY MILES	SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
1	7/22	3	Walk/Hike	Strength 4miles	Cross-train 45-60 min	Strength 4miles	Cross-train 45-60 min	REST
2	7/29	4	Walk/Hike	Strength 4miles	Cross-train 45-60 min	Strength 4miles	Cross-train 45-60 min	REST
3	8/5	6	Walk/Hike	Strength 4miles	Cross-train 45-60 min	Strength 4miles	Cross-train 45-60 min	REST
4	8/12	6	Walk/Hike	Strength 4miles	Cross-train 45-60 min	Strength 4miles	Cross-train 45-60 min	REST
5	8/19	8	Walk/Hike	Strength 4miles	Cross-train 45-60 min	Strength 4miles	Cross-train 45-60 min	REST
6	8/26	9	Walk/Hike	Strength 4miles	Cross-train 45-60 min	Strength 4miles	Cross-train 45-60 min	REST
7	9/2	10	Walk/Hike	Strength 4miles	Cross-train 45-60 min	Strength 4miles	Cross-train 45-60 min	REST
8	9/9	10	Walk/Hike	Strength 4miles	Cross-train 45-60 min	Strength 4miles	Cross-train 45-60 min	REST
9	9/16	8	Walk/Hike	Strength 4miles	Cross-train 45-60 min	Strength 4miles	Cross-train 45-60 min	REST
10	9/23	12	Walk/Hike	Strength 4miles	Cross-train 45-60 min	Strength 4miles	Cross-train 45-60 min	REST
11	9/30	10	Walk/Hike	Strength 4miles	Cross-train 45-60 min	Strength 4miles	Cross-train 45-60 min	REST
12	10/7	6	Walk/Hike	3 miles	Cross-train 30 min	3 miles	Cross-train 45-60 min	REST
13	10/14	3 mile Shakeout Run REST	RACE DAY 10/15	Walk 30 Min Medal Mon	YOGA	Easy run 30 min	Yoga/Swim	REST

Cross-training = Swim, bike, stretch, walk, yoga, elliptical, etc.