



TRAINING SCHEDULE FOR: **Long Beach Marathon–** **October 13, 2019**

Beginner: 0-3 previous marathons (B)

Advanced: 4+ previous marathons (A)

Week	Date	Sat Miles	Sun	Mon	Tues	Wed	Thurs	Fri
1	4/20	4 (B) 6 (A)	Walk 30 min	Alternate Exercise 40 min	Run 40 min	Cross- Train 40 min	Run 40 min	Rest
2	4/27	5 (B) 7 (A)	Walk 30 min	Alternate Exercise 40 min	Run 40 min	Cross- Train 40 min	Run 40 min	Rest
3	5/4	6 (B) 8 (A)	Trail Run Walk	Alternate Exercise 40 min	Run 40 min	Cross- Train 40 min	Run 40 min	Rest
4	5/11	7 (B) 9 (A)	Trail Run Walk	Alternate Exercise 40 min	Run 40 min	Cross- Train 40 min	Run 40 min	Rest
5	5/18	8 (B) 10 (A)	Trail Run Walk	Alternate Exercise 40 min	Run 40 min	Cross- Train 40 min	Run 40 min	Rest
6	5/25	9 (B) 8 (A)	Trail Run Walk	Alternate Exercise 40 min	Run 40 min	Cross- Train 40 min	Run 40 min	Rest
7	6/1	10 (B) 12 (A)	Walk 30 min	Alternate Exercise 40 min	Run 50 min	Cross- Train 40 min	Run 50 min	Rest
8	6/8	8 (B) 8 (A)	Trail Run Walk	Alternate Exercise 40 min	Run 40 min	Cross- Train 40 min	Run 40 min	Rest
9	6/15	12 (B) 14 (A)	Walk 30 min	Alternate Exercise 40 min	Run 60 min w/ hill repeats	Cross- Train 50 min	Run 50 min	Rest
10	6/22	8 (B) 8 (A)	Trail Run Walk	Alternate Exercise 40 min	Run 40 min w/ hill repeats	Cross- Train 50 min	Run 40 min	Rest
11	6/29	14 (B) 16 (A)	Walk 30 min	Alternate Exercise 40 min	Run 60 min w/ hill repeats	Cross- Train 50 min	Run 60 min	Rest
12	7/6	10 (B) 10 (A)	Trail Run Walk	Alternate Exercise 40 min	Run 40 min w/ hill repeats	Cross- Train 50 min	Run 40 min	Rest
13	7/13	16 (B) 18 (A)	Walk 30 min	Alternate Exercise 40 min	Run 60 min w/ hill repeats	Cross- Train 50 min	Run 60 min	Rest

Week	Date	Sat Miles	Sun	Mon	Tues	Wed	Thurs	Fri
14	7/20	10 (B) 10 (A)	Trail Run Walk	Alternate Exercise 40 min	Run 50 min w/ hill repeats	Cross- Train 50 min	Run 40 min	Rest
15	7/27	12 (B) 12 (A)	Trail Run Walk	Alternate Exercise 40 min	Run 50 min w/ hill repeats	Cross- Train 50 min	Run 40 min	Rest
16	8/3	18 (B) 20 (A)	Walk 30 min	Alternate Exercise 40 min	Run 60 min w/ hill repeats	Cross- Train 50 min	Run 60 min	Rest
17	8/10	10 (B) 10 (A)	Trail Run Walk	Alternate Exercise 40 min	Run 40 min w/ hill repeats	Cross- Train 50 min	Run 40 min	Rest
18	8/17	12 (B) 12 (A)	Walk 30 min	Alternate Exercise 40 min	Run 40 min w/ hill repeats	Cross- Train 50 min	Run 40 min	Rest
19	8/24	20 (B) 22 (A)	Walk 30 min	Alternate Exercise/ Track	Run 60 min easy pace	Cross- Train 50 min	Run 60 min fast pace	Rest
20	8/31	10 (B) 10(A)	Trail Run Walk	Alternate Exercise/ Track	Run 40 min easy pace	Cross- Train 50 min	Run 40 min fast pace	Rest
21	9/7	12 (B) 12 (A)	Walk 30 min	Alternate Exercise/ Track	Run 40 min easy pace	Cross- Train 50 min	Run 40 min fast pace	Rest
22	9/14	22 (B) 24 (A)	Walk 30 min	Alternate Exercise/ Track	Run 60 min easy pace	Cross- Train 50 min	Run 60 min fast pace	Rest
23	9/21	10 (B) 10 (A)	Trail Run Walk	Alternate Exercise/ Track	Run 50 min easy pace	Cross- Train 50 min	Run 50 min fast pace	Rest
24	9/28	8 (B) 8 (A)	Trail Run Walk	Alternate Exercise/ Track	Run 50 min easy pace	Cross- Train 50 min	Run 50 min fast pace	Rest
25	10/5	8 (B) 8 (A)	Rest	Rest	Run 30 min	Rest	Rest (B) Run 30 min (A)	Rest
26	10/12	Rest	Sun., October 13 26.2 miles	Walk 3 miles Wear your medal all day	Rest	Walk 4 miles	Swim	Rest
	10/9	3-4 (B) 6-8 (A) Take it slow!	Rest	After your marathon, take three weeks of really slow running before resuming training. LISTEN TO YOUR BODY!				