



TRAINING SCHEDULE FOR: **Long Beach Marathon–** **October 8 2017**

Beginner: 0-3 previous marathons (B)

Advanced: 4+ previous marathons (A)

| Week | Date | Sat Miles | Sun | Mon | Tues | Wed | Thurs | Fri |
|------|------|------------------|-------------------|---------------------------------|----------------------------------|---------------------------|---------------|------|
| 1 | 4/15 | 4 (B) 6 (A) | Walk 30 min | Alternate Exercise 40 min | Run 40 min | Cross- Train 40 min | Run 40 min | Rest |
| 2 | 4/22 | 5 (B) 7 (A) | Walk 30 min | Alternate Exercise 40 min | Run 40 min | Cross- Train 40 min | Run 40 min | Rest |
| 3 | 4/29 | 6 (B) 8 (A) | Trail Run Walk | Alternate Exercise 40 min | Run 40 min | Cross- Train 40 min | Run 40 min | Rest |
| 4 | 5/6 | 7 (B) 9 (A) | Trail Run Walk | Alternate Exercise 40 min | Run 40 min | Cross- Train 40 min | Run 40 min | Rest |
| 5 | 5/13 | 8 (B) 10 (A) | Trail Run Walk | Alternate Exercise 40 min | Run 40 min | Cross- Train 40 min | Run 40 min | Rest |
| 6 | 5/20 | 9 (B) 8 (A) | Trail Run Walk | Alternate Exercise 40 min | Run 40 min | Cross- Train 40 min | Run 40 min | Rest |
| 7 | 5/27 | 10 (B) 12 (A) | Walk 30 min | Alternate Exercise 40 min | Run 50 min | Cross- Train 40 min | Run 50 min | Rest |
| 8 | 6/3 | 8 (B) 8 (A) | Trail Run Walk | Alternate Exercise 40 min | Run 40 min | Cross- Train 40 min | Run 40 min | Rest |
| 9 | 6/10 | 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 | 6/17 | 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 | 6/24 | 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 | 7/1 | 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 | 7/8 | 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 | 7/15 | 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 | 7/22 | 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 | 7/29 | 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 | 8/5 | 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 | 8/12 | 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 | 8/19 | 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 | 8/26 | 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 | 9/2 | 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 | 9/9 | 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 | 9/16 | 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 | 9/23 | 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 | 9/30 | 8 (B) 8 (A) | Rest | Rest | Run 30 min | Rest | Rest (B) Run 30 min (A) | Rest |
| 26 | 10/7 | Rest | Sun., October 8 26.2 miles | Walk 3 miles Wear your medal all day | Rest | Walk 4 miles | Swim | Rest |
| | 10/14 | 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! | | | | |